

WHY WE PROCRASTINATE

AND WHAT WE CAN DO ABOUT IT

1

We don't know
what needs
to be done



FIND
OUT



DECIDE



DO

**DETERMINE WHAT
IS NEEDED**

To move the
project forward

2

We don't want
to do it
and hope it will go away



DELEGATE:
Get Someone
Else To Do It



Figure out
a reason
to WANT TO

What about it
IS
Important
To You?

3

We aren't
fully committed



Remove
"NEVER GONNA
HAPPEN" items
from your TO
DO list



ACTIVELY
CHOOSE

Ask, "If I could
have this would I
choose it?"

Decisions Free Up Energy

4

There are no
consequences
or we've learned
to live with them



**TURN UP
YOUR SENSITIVITY**



Stop tolerating
late fees
and broken
commitments.

5

We like
the adrenaline rush



Learn to
appreciate
PRIDE OF
WORK



Substitute
PEACE OF
MIND

Pulling it off at the last
minute is not as satisfying
as doing your best work.