

# 9 SCIENTIFICALLY PROVEN TIPS FOR BEATING PROCRASTINATION

## PICK YOUR POISON



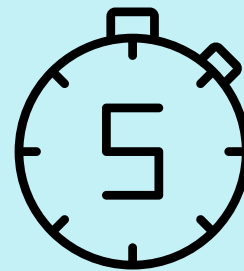
Don't overwhelm yourself. Instead, **FOCUS** on one thing that you've been procrastinating and make a commitment to complete the task in the next week.

## START TODAY



Take immediate action on that **ONE** task you have identified. Start somewhere. Create a to-do list to break down the task into manageable steps.

## 5 MINUTE MIRACLE



What action can you take in 5-minutes **TODAY** that moves you forward even the tiniest bit. Then set a timer and get to it! Once you start, you're more likely to finish.

## DO A POWER HOUR



Put away all distractions and work in chunks of time. Try 25 minutes followed by a 5 minute rest. Look into using a Pomodoro Timer to help keep track of your time.

## PROCRASTINATION POWER SONG



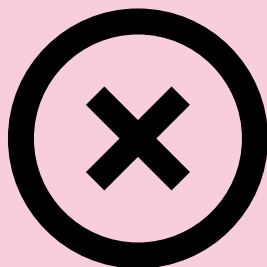
Pick a song that gets you energized and play it whenever you want to tackle something that you've been procrastinating.

## UNDERSTAND YOUR WHY



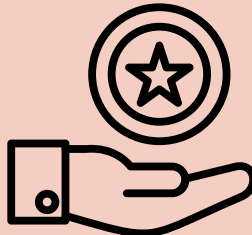
Try to identify why you are procrastinating. Are you afraid, overwhelmed, don't know where to start? Identify the reason so you can respond accordingly.

## LET IT GO



Do you have too much on your to-do list? Consider what you're just not going to get to and scratch it off your list. Give yourself permission to just let it go!

## MAKE A BET



Find an accountability buddy. Choose a deadline for your task and pick a prize. Your buddy will check in with you at your deadline, if your task is not complete, you owe your buddy!

## MAKE IT FUN



Create a reward that you will give yourself once your task is completed. Be sure your reward is motivating and appropriate for the weight of the task at hand.

Article source: 10 Scientifically Proven Tips for Beating Procrastination, Vanessa Loder,

<https://www.forbes.com/sites/vanessaloder/2016/04/15/10-scientifically-proven-tips-for-beating-procrastination/?sh=4b56b4e5296a>