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you stop  
procrastinating by  
designing your  
future actions ahead  
of time. For  
example, you can  
curb your future  
eating habits by  
purchasing food in  
individual packages  
rather than in the  
bulk size. You can  
stop wasting time  
on your phone by

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deleting games or social media apps. (You could also block them on your computer.)

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Procrastination is a  
escape route for us  
when we imagine  
that the task at  
hand is painful or  
impossible for us to  
do. Because it  
hinders our growth  
and keeps us from  
realizing our full  
potential; it needs  
to be stopped: 1.  
Eat the frogs first :  
Do the hard or most

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important MIM,  
first. 2. Set a  
signing off time: Set  
a time when the  
MIM should finish.

## 3. Building Self Discipline And

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To stop  
procrastination, you  
have to make

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strong commitments relating to your work or study. Put an OFF button on the distractions. You ' ve planned your routine and are working accordingly but still, some things can distract you and take you away from your goal.

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7. Eliminate your  
procrastination pit-  
stops. Below are  
some of the most  
common

procrastination pit  
stops and ways to  
eliminate them:

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Fear of failure –  
Address the fear.  
Once you identify it,  
you can take steps  
to get rid of it.

Learn to laugh at  
your fears. Tell  
those voices in your  
head that you won ' t  
fail and that all your  
fears are  
unfounded.

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13 Easy Ways to  
Stop  
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Being Lazy

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More than 20  
science-based  
strategies designed  
to help you  
overcome laziness,  
free yourself from  
excessive guilt, and

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get things done whether you feel like it or not. A simple strategy for programming your unconscious mind to act in any way you like. New research explaining differences between procrastinators and non-procrastinators (Hint:

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procrastinating is  
not your fault.)  
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Ferrari's advice:  
“ Cut down one  
tree—and if you  
can ’ t cut a whole  
tree, cut three  
branches. ” . Instead

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of being procrastinating  
disheartened by  
how much you can't  
do—or just how  
much you need to  
do—consider what  
you can do,  
however small.

Think about it: The  
only way to get to  
the top of any  
staircase is to take  
it one step at a  
time.

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Tasks is a straight-  
forward, systematic  
framework for

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building an action-oriented habit through all the areas in your life.

Procrastination can lead to a variety of negative life-altering issues like: bad grades; poor job performance; unhealthy diet choices; health issues;

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To summarize: if  
you want to stop  
procrastinating,  
look at the big  
picture, know it 's  
okay to be dazed  
and confused at the  
beginning,  
remember your

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worth goes beyond  
your achievements,  
and, most ...

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Guide) ... Finishing  
lots of simple tasks  
at the beginning of  
the day such as  
reading all the new  
emails only gives  
you a false sense of  
being productive.

For Self-Saboteurs,

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Write out a To-Do  
(And a Not – To-Do)  
List Each Day.

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How to Stop It (The  
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