Steps you can take to get yourself out of procrastination and into progress:

PROJECT/TASK:
Are you working on it?

NO

RECOGNIZING EXCUSES
What are you doing instead?
How are you NOT justifying getting to work?

YES

GET GOING!
What is your goal?

What does progress look like?

What are the underlying reasons?
(see our worksheet: Six Reasons People Procrastinate)

Strategies to break your inaction/procrastination:
(see our worksheet: Motivation Techniques)
Review actively again; ask questions; connect material.

Take an active break, getting the blood moving.

Stop and immediately REVIEW; actively.

Work UNINTERRUPTED for 25 minutes on specific information.

Use questions to direct your study session.