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?

What is your goal?

GET GOING!

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)

This tool brought to you by The Learning Corner © Oregon State University, © 2017. success.oregonstate.edu/learning
Review activity again; ask questions; connect material.

Take an active break; getting the blood moving.

Stop and immediately REVIEW activity.

Work UNINTERRUPTED for 25 minutes on specific information.

Use questions to direct your study session.

The Pomodoro Technique