

Defeat Procrastination

Useful Tips

1. Just Get Started
2. Listen to Music
3. Think About Being Done
4. Do the Easiest Part First
5. Talk Yourself Through Each Step
6. Have a Reward in Mind for Finishing



“Procrastination is the thief of time” – Edward Young

*“Nothing is so fatiguing as the hanging on of an uncompleted task”
- William James*

By MirandaGirlDesigns.com

Print multiple copies and keep them in different spots as a reminder. Make a commitment to take action using these tips. Enjoy satisfaction and peace of mind as you defeat procrastination.