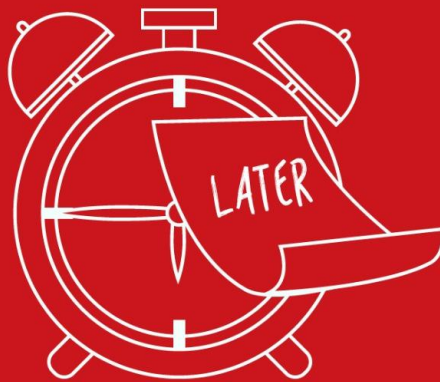


FUNSHEET

HOW DO YOU STOP PROCRASTINATING?



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



HOW DO YOU STOP PROCRASTINATING?

In today's funsheet let's talk about:

- What is **procrastination**?
- How is it different from **being lazy, eleventh hour magician or deal line lover**?
- The most important question, how do we **deal** with procrastination effectively?

Do you procrastinate?

Write down some incidences where you procrastinate in the past right now [without procrastinating :)]

What is procrastination?

Let's accept, procrastination is not being _____.

**Procrastination =
Conflict between**

logic and emotions,

heart and head,

what you should do & what you truly desire to do.

How to deal with this?

- 1 Next time you catch yourself procrastinating - ask yourself
'What am I stressed about?'

Which part of this project or work is overwhelming me?

What am I trying to avoid here?

Procrastination is a form of _____ relief.

It is a reaction to an **underlying trigger**.

- *You might be stressed*
- *Fear of failure or perfectionism*
- *Fear of success.*

Take a procrastination area.

Overwhelming, stressful, fearful parts	Enjoyable parts

2 Procrastination is a habit.

When we are operating from habit we become _____.

As the habit of procrastination is deep rooted, we need to break it with a small step at a time. Do a part of it.

How can you break this habit? Any thoughts?

3 Take small actions.

Let's make an action plan to commit to small actions.

Take a procrastination area. Think of 4 different ways in which you take small actions. You don't have to do it right away but it is a good idea to have some options created beforehand.

1.

2.

3.

4.

4 The way to hack it is to fall in love with the process.

Building a skill, learning to cook, sing, dance, draw. The joy of doing the activity.

Think of your procrastination area.

- What are the expected results?

- What are your pressure points ?

WRITE HERE RIGHT NOW

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Happy writing!