

# 22 ways TO STOP

## PROCRASTINATION!

Change your environment

Break your task into small pieces

Start with the hardest thing

Reward yourself

Hang out with inspiring people more often

Start with your favorite task

Track your progress

Reduce distractions

Identify the pushback

Be realistic about time per task

Ask for help

Visualize the benefits

Don't multitask; single task

Get organized

Set achievable goals

Set a deadline

Create a timeline/schedule

Focus on your "why"

Drop the perfectionism

Schedule instead of making a to do list

Hold yourself accountable

Don't take on too much