

WHEN IT'S TOUGH TO GET STARTED:

The 5 best strategies to conquer procrastination

Tested by our coaches, proven by our clients



BUDDY UP

Worktime can feel lonely. Buddy up with someone who also needs to get work done. Whether virtual or across the table, getting started on a task is easier when you have company!

COUNT IT DOWN

Transitions are tough. Set a timer for 5-15 minutes to gradually set the stage for work. Get in the zone by using that time to have a snack or find materials. Better yet, make it a game and try to beat the clock!



PAIR IT UP

Worktime doesn't have to be all doom and gloom. Shift the association by pairing tasks with something fun and rewarding, such as eating a snack, using those fancy new pens, or having a pet curl up nearby.

PLAN IT OUT

Sometimes getting started can feel impossible because there's no plan for how to approach it all. Take some time to outline the steps needed to complete the task, and create a schedule for when to do each step. With a clear plan in place, it's easier to jump in and get started.



RAMP IT UP

When the to-do list is long, it feels easier to avoid the whole thing. Instead, try to do the simplest tasks first to get into the work groove. Finding notes, reading through directions, or putting one thing away can get the ball rolling.



Procrastination is often fueled by fear of failure, perfectionism, distractions, or overwhelming stress. However, it's possible to overcome procrastination by understanding its causes and implementing strategies to stay focused and motivated.