Steps you can take to get yourself out of procrastination and into progress:

PROJECT/TASK:

Are you working on it?

YES

What does progress look like?

GET GOING!

NO

RECOGNIZING EXCUSES

What are you doing instead?

How are you NOT justifying getting to work?

What is your goal?

Strategies to break your inaction/procrastination:

(see our tool: Six Reasons People Procrastinate)

(see our tool: Motivation Techniques)

What are the underlying reasons?

STAY PRODUCTIVE

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