

Life Hacks to Tackle Procrastination

A lot can happen during a week that might hinder you in reducing your procrastination. Here is a list of reasons and strategies on how to overcome those roadblocks. Keep trying and practice the new life hacks explained in our videos.

Reason for procrastination	Try this life hack:	Watch this video:
<input type="radio"/> I did not start on time	Use If-Then Statements!	How to start on time
<input type="radio"/> I did not block time for it	Block regular times for work! Use the Pomodoro technique! Restrict your work time!	How to set specific times aside for work
<input type="radio"/> I did not like the task	Make boring tasks fun! Connect work to your interests!	How to motivate yourself I
<input type="radio"/> I found the task overwhelming	Break down big goals! Create a distraction free environment! Reward yourself!	How to motivate yourself II
<input type="radio"/> I was not motivated	Challenge yourself! Use performance metrics!	How to use self-talk to motivate yourself
<input type="radio"/> I felt ashamed about procrastinating before	Forgive yourself and move on! Comfort yourself as you would a friend! Take a self-compassion break!	How to forgive yourself
<input type="radio"/> I felt ashamed about procrastinating before	Use relaxation techniques! Do not judge negative emotions! Strive for desired emotions! Encourage yourself!	How to regulate your emotions
<input type="radio"/> I was tense	Practice progressive muscle relaxation!	How to relax
<input type="radio"/> I was distracted	Work without technology! Use an app to block distracting apps!	How to tackle distractions
<input type="radio"/> I was tempted to do something else	Modify the emotional meaning of a situation! Reward yourself!	How to resist temptations
<input type="radio"/> My work environment wasn't right	Create YOUR work environment!	How to create YOUR work environment
<input type="radio"/> I have too many obstacles	Disengage from goals not worth pursuing!	How to disengage from goals

View the entire playlist [here!](#)

