## **Procrastination Management**

## PROJECT/TASK: What does progress look like? Are you working on it? **YES** NO RECOGNIZING EXCUSES What are you doing How are you justifying NOT getting to work? What is your goal? instead? **GET GOING!** What are the underlying reasons? Strategies to break your inaction/ procrastination: See our tool: 6 Reasons People Procrastinate See our tool: Motivation Techniques



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