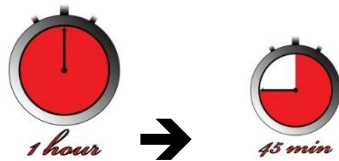


Overcoming Procrastination – Getting Started

- 1) Decide how long you will work on a task (smaller is better)

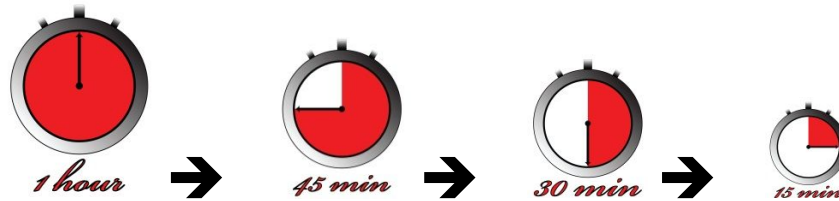


- 2) If you haven't started the task by the end of your estimated time, then reduce the amount of time that you plan to work.



- 3) Start over.

- 4) Keep reducing the number of minutes until you actually start on the task.



- 5) If it works and you are still motivated by the end of that time, keep going!

- 6) Schedule yourself the same amount of time when working on the task in the future.

