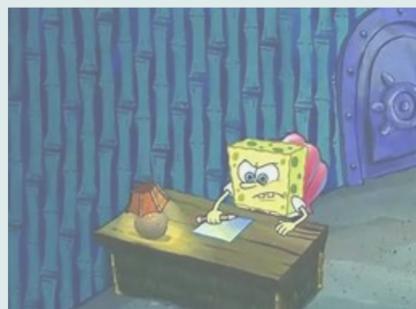


Reverse Your Procrastination

- 1) *Decide what you need to do*
- 2) *Break it down into tiny steps*
- 3) *Take the next step*
- 4) *Procrastinating? Ask yourself why*
- 5) *Correct the issue*
- 6) *Get back to work*

- Eat
- Nap
- Journal
- Website blocker
- Timer
- Pomodoro Technique
- Do not disturb
- Create a solid workspace
- Define done
- Allow time for transitions

Correct the issue



Climb your wall



- Recognizing you have a Wall of Awful
- Gearing up emotionally for the task
- Giving yourself time to transition
- Defining done
- Journaling about what is coming up for you
- Doing grounding and mindful exercises
- Writing down your accomplishments

Reflection

when you finish the task (yay!), be sure to reflect



- Understand how long tasks really take by timing them
- Outline what you did (map out the steps!)
- Reflect on how things have gone and why

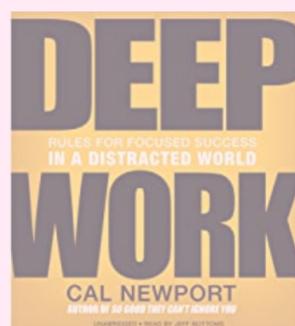
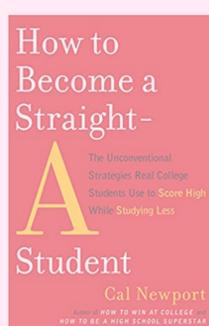
Put a door in your wall

- Playing some pump-up music
- Creating a time limit
- Working in a new place
- Exercising

and ride the wave of dopamine!



Resources



[Tomato timer for Pomodoro technique](#)

["How to ADHD" YouTube Channel](#)

[Waitbutwhy - Procrastination series](#)