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

Correct the issue

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

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

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