



Stop  
Procrastinating  
Now

- Kicking procrastination isn't always easy.
- It requires genuine thought and work from you.
- If you're determine to eliminate this bad habit from your life, There Are Ways To Do It.



# Task You Hate

- Often procrastination resulted from those task you hate and don't want to work in the first place.
- Once it happened, you start making excuses for not doing so, always rationalizing your procrastination in various ways.



# Set Meaningful Goals

- Only set those goals that are meaningful to you.
- Set goals you really want to achieve.
- Meaningful goals can stop you from procrastination by motivating you instead of stranding you.



# Clear Deadline

- Set clear timeline to beat procrastination with clear deadline for tasks you need to complete.
- Deadlines provide a sense of urgency or commitment at the very least.
- Tell other people about what you want to achieve, making yourself more accountable.



# Positive Reinforcement

- Reinforcement that are positive is a wonderful procrastination strategy that helps to reinforce good behaviour.
- Reward yourself when you achieve a deadline or a goal as it will shape your behaviour and habits in the positive directions.



# Paying Attention

- Without you knowing it, your environment can really affect the way you work.
- Pay attention to your surroundings and tailored them for working.
- Remove or mask away as many distractions as you can, for e.g. coffee machines, water cooler, magazine racks, and so on.



# Conclusion

- Stopping procrastination with simple strategies can make a big difference.
- If you are willing to implement them, you'll soon find your old habit disappearing into something much more positive.
- Even though this will take time, it's achievable by you-if you believe it and just do it.





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