



HOW TO OVERCOME THE 6 PROCRASTINATION STYLES

01

The Perfectionist

Set realistic (not idealistic) goals. Focus on progress, Engage in positive self-talk. Set time limits for each tasks (realistically).

02

The Dreamer

Don't wait for spirit to move you, learn to harness your energy. Try turning some of your dreams into concrete goals and spend time on them regularly.

03

The Worrier

To not decide is to decide which changes the course of your life. Answer your 'what ifs' with a plan. Break bigger projects into pieces. Hang out with optimists.

04

The Crisis-Maker

See tasks as opportunities. Remember the positive aspects of your responsibilities. Reward yourself for getting started earlier. Get your adrenaline going with other activities.

05

The Defier

Remember the relationship between short & long term choices. Channel your rebellious side into a cause you care about. Set aside time to do things you enjoy.

06

The Overdoer

No one has it all. You have to prioritize & decide what to care about. You're entitled to relax & reward. Be more proactive than reactive. Ask for help.