PROCRASTINATION: Strategies

1. Divide a large project into more manageable parts.

2. Make a realistic plan.

3. Set specific and clear goals.

4. Identify rewards for progress.

5. Develop a process orientation.

6. Make connection with someone who can be supportive.

7. Expect interruptions and make a plan to deal with them.

8. Identify what kinds of projects seem to be the most difficult. What makes them difficult?