



THRIVE

Wellbeing and study success

Presented by:
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Session 5: Overcoming Procrastination

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.

These sessions are:

- Safe
- Respectful
- Inclusive
- Non-judgemental



► Procrastination

What is your immediate reaction?

But what actually is it?

► Procrastination

Procrastination is the voluntary delay of an intended course of action despite expecting to be worse off for the delay.

Procrastination = Laziness?

“Be curious, not judgemental”
- Walt Whitman

► Procrastination

Self-care, rest, and refusal of demands to protect yourself from burnout are **not** procrastination.

Executive Dysfunction can look like procrastination

► Procrastination

Procrastination can happen because:

- Needs (SDT) not being met.
- Emotion management.
- Fear of Failure
- Temporal Discounting

How can we overcome these?

► Self-Reflection

1. *Identify procrastination*
2. *Explore reasons*
3. *Identify barriers*
4. *Plan action*
5. *Create accountability (optional)*
6. *Reflect and adjust*

► Self-Reflection

1. Identify the Task

Question: What specific task am I procrastinating on?

Action: Write down the exact task or tasks you are avoiding. Be as specific as possible.

Example: "I am procrastinating on writing my research paper."

► Self-Reflection

2. Explore the Reasons

Question: Why am I procrastinating on this task?

Action: Reflect on and list the reasons why you might be delaying this task. Be honest and non-judgemental.

Example: "I am procrastinating because I fear my paper won't be good enough and the task feels overwhelming."

► Self-Reflection

3. Identify the Barriers

Question: What specific barriers are preventing me from starting or completing this task?

Action: List the specific obstacles that are in your way. These could be emotional, cognitive, or situational barriers.

Example: "I don't know how to structure my paper."

► Self-Reflection

4. Plan the Next Action

Question: What is the next small, manageable step I can take to move forward with this task/overcoming the barrier?

Action: Choose one small step to start with and set a specific time to do it.

Example: “Tonight, I will find a resource to help me understand how to write the paper.”

► Self-Reflection

5. Create Accountability (optional)

Question: How can I hold myself accountable to take this next step?

Action: Set up a system of accountability, such as sharing your plan with a friend, setting reminders, or body doubling.

Example: "I will ask my friend to help finding the resources I need."

► Self-Reflection

6. Reflect and Adjust

Question: How did it go, and what can I learn from this experience?

Action: After taking the next step, reflect on what worked and what didn't. Adjust your plan as needed and continue.

Example: "I learned from a library resource how to structure research papers and felt less overwhelmed. Next time, I'll try doing this earlier."

Procrastination



Is not a moral failing. Laziness doesn't exist.

Is a behaviour caused by many different factors

Deal with the underlying cause = Deal with the procrastination

What will you take
away from today?

The goal is *Progress*
not *Perfection*

