

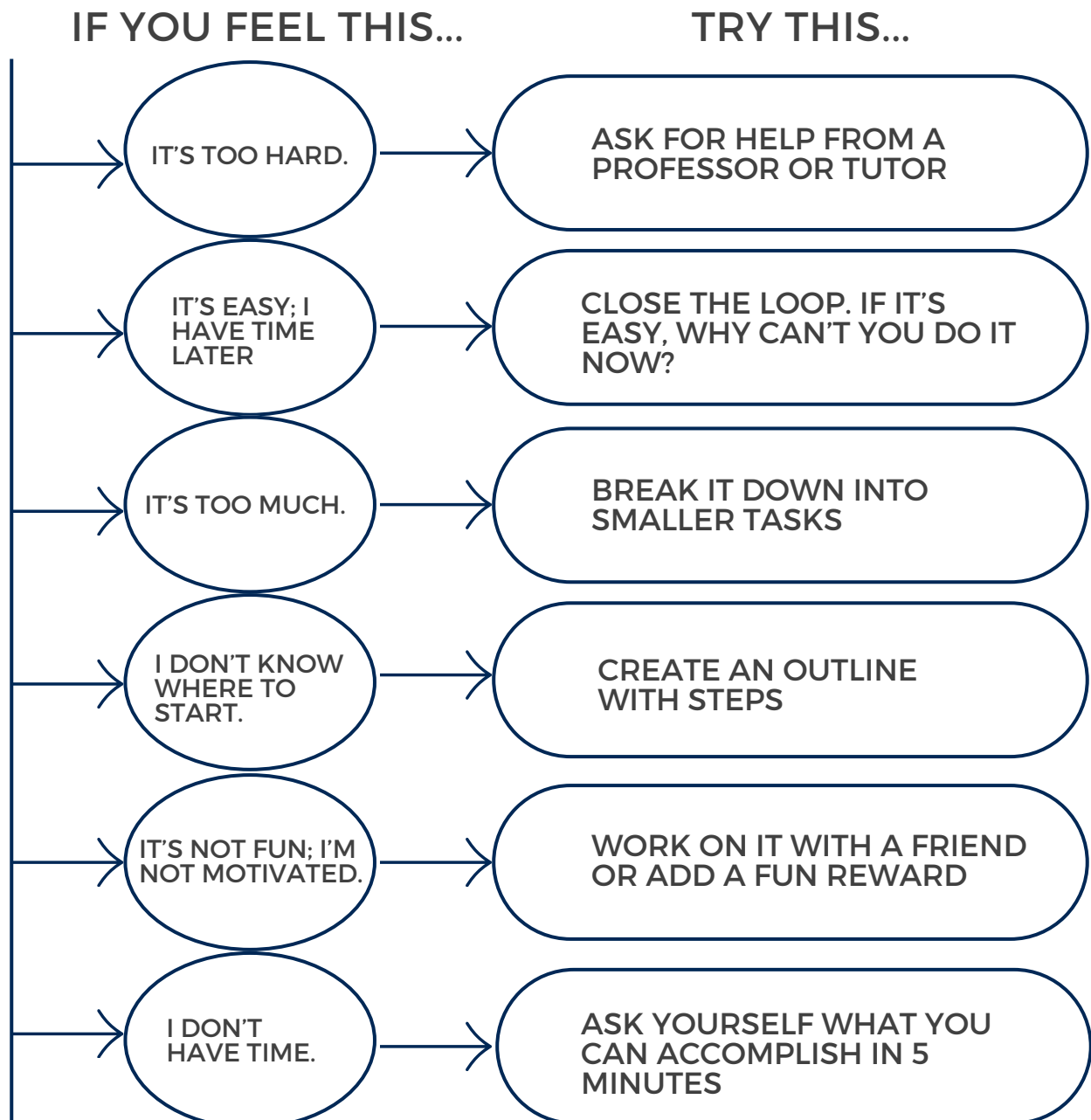
PIECE APART PROCRASTINATION

Why are you Procrastinating?

Humans are naturally drawn to tasks that provide immediate and desirable results. When faced with tasks whose rewards feel far away and unimportant, the less of a pull they have on us for completion.

The amount of effort a task requires can also be a contributing factor to procrastination. When faced with an upcoming task, whose planning costs require high levels of effort, it can be particularly aversive and demotivating. By identifying the underlying causes of procrastination, you can begin to piece apart the most intimidating tasks into something manageable and motivating.

Adapted from: <https://carney.brown.edu/news/2019-04-16/procrastinate-explain>



- Pick one of the following to focus on
 - One assignment to break into smaller pieces
 - Spacing out all assignments for the week
- Fill out the accountability statement
- Fill out the Plan of Action chart

I will complete _____ by _____ at _____
 (task) (date) (time)
 by working on it _____ each day.
 (length of time)

Make a Plan of Action

Task	Length of time	Date and time of day	Location