

Procrastination



What is Procrastination?



Introduction

Procrastination is a serious problem, especially among the young, unexperienced people. They tend to put things away for later, only for them to realize that the deadline is looming and they are completely unprepared.

Thypical example of
Procrastination:

Studying

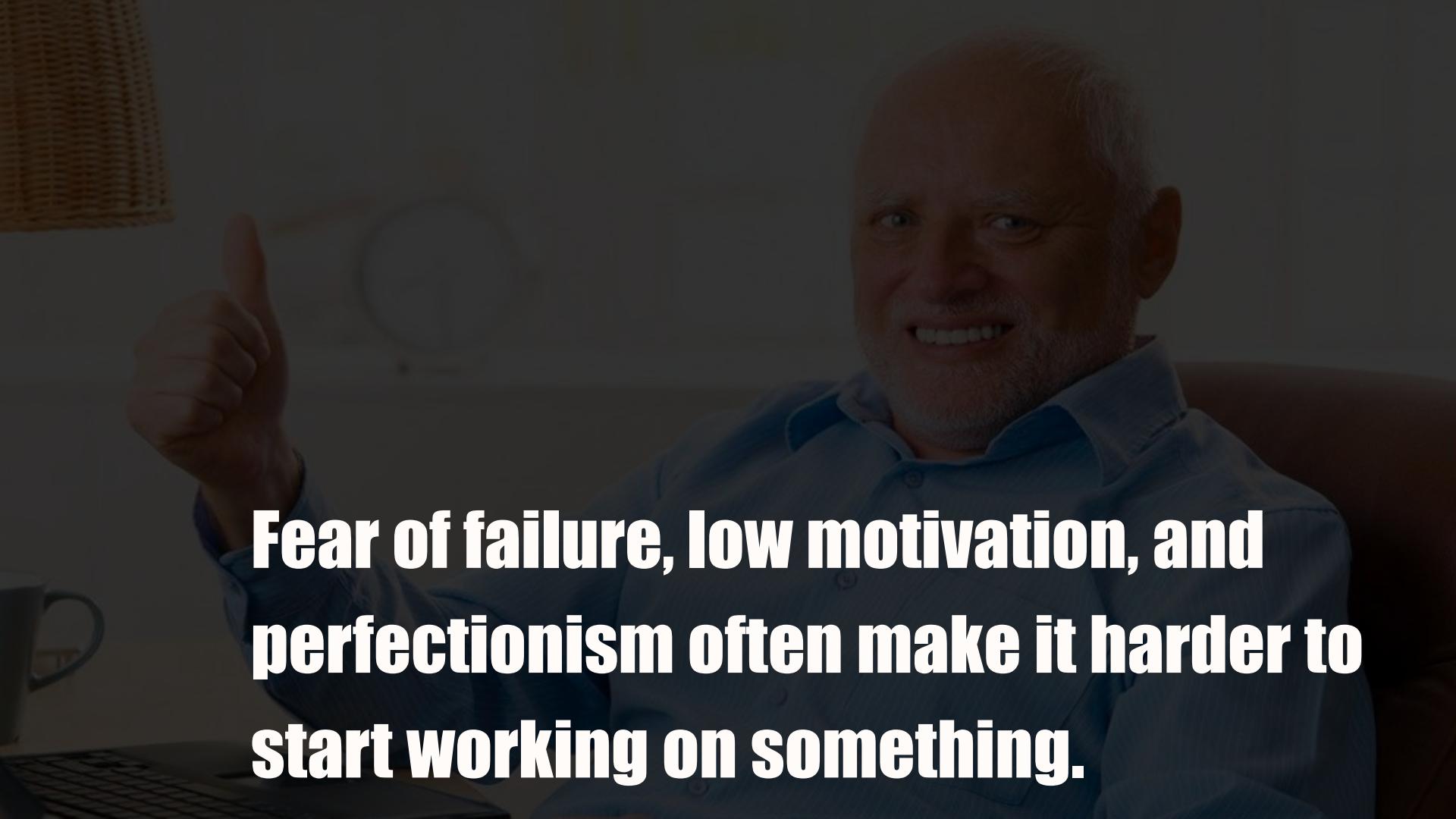


Cyberbullying
random people





**Reasons for
procrastination**

A photograph of a middle-aged man with a beard and short hair, smiling and giving a thumbs-up gesture with his right hand. He is wearing a light blue button-down shirt. He appears to be sitting at a desk, with a keyboard visible in the lower left corner and a wicker lamp shade in the upper left background. The overall atmosphere is positive and motivational.

**Fear of failure, low motivation, and
perfectionism often make it harder to
start working on something.**



Environmental *Influences*

Distractions
surrounding you
often cause
procrastination.



Unclear goals, overwhelming workload, and lack of interest in tasks often lead to procrastination.



Solutions to Procrastination



Time Management *Techniques*

Using tools like the **Pomodoro Technique** and prioritizing tasks helps increase focus and reduce delays. It's also good to isolate yourself from every form of distractions.



Behavioral Strategies



Dividing your goals into smaller parts and setting a reward system can boost your confidence and effectiveness significantly.

Environmental Adjustments

Creating a distraction-free workspace and setting clear deadlines improve productivity and task completion.



Conclusions

Procrastination is hard to control, but with nothing
but a little of dedication, you shall overcome it.
Everything is in your hands.

