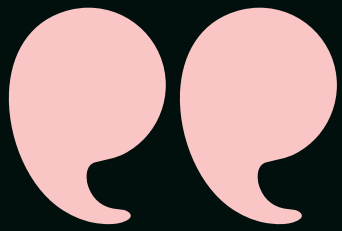
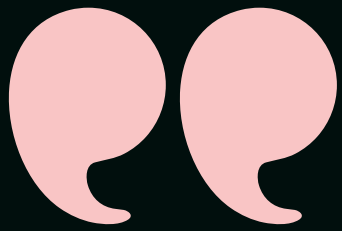


**Stay
Ahead
Of
Laziness**

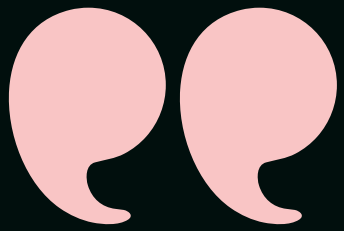




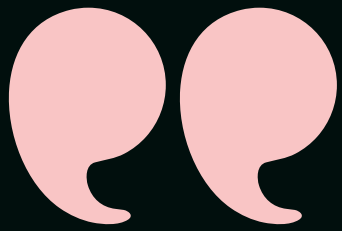
**Break tasks into little steps.
Finishing small tasks helps you
feel accomplished and keeps
laziness at bay.**



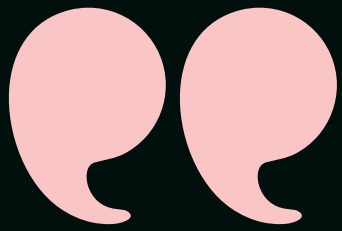
Start your day with a plan. Doing something early can make you feel good and set a positive tone for the day.



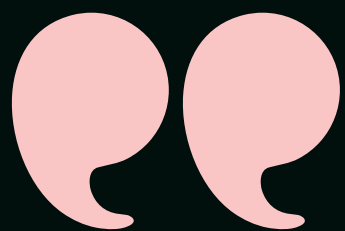
If you're feeling lazy, switch where you are. A different place can make you more active and ready to get things done.



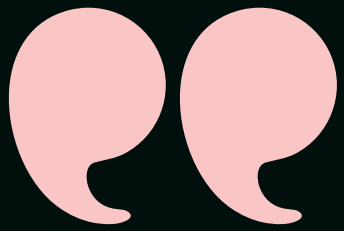
**Try the Pomodoro Technique.
Work for 25 minutes, then take
a short break. This helps you work
better and fights laziness.**



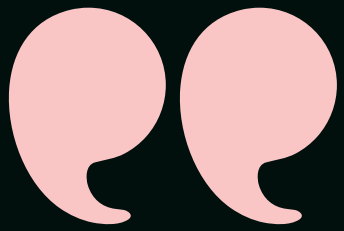
Imagine finishing what you're doing. This mental picture can motivate you to stop being lazy and start working.



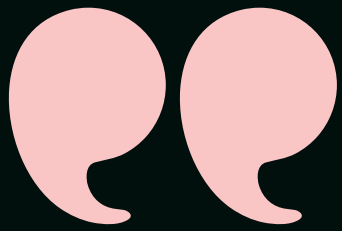
**Share your plans with someone.
When someone knows, you feel
more responsible and are more
likely to stick to your goals.**



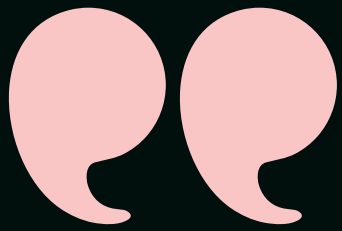
Eat well and exercise. A healthy body gives you more energy and makes it easier to beat laziness.



**Find and stop things that take
your attention away. Turning off
notifications and focusing on your
work helps fight laziness.**



**Celebrate when you finish tasks.
Treating yourself after completing
something can make you want
to do more.**



**Use techniques like meditation.
Being mindful helps you
concentrate, reduces stress, and
fights laziness.**

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