

# Generelle studietips: System framfor mål

Fritt etter (på Twitter)  
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# System framfor mål



- ~~Mål~~
- System
  - OLBD

# 1. Oppstart



Monday morning tips:

- 1) Focus on starting, not finishing. - The idea of having to finish a pile of work only brings stress (stress --> procrastination).
- 2) Start small - If you can't work for 4 hours, work for 2, or 1, or 30 minutes, or 5 minutes. Every minute counts. Start.

## 2. Lister



Hide long lists of tasks from sight.

Instead, create a temporary short (1-4) to-do list of the most important tasks from the long lists.

Keep the short list in sight - in front of you, as a post it on your door...

Keep to-do lists short, clear, and timely.

**Note: Long lists hinder action, short lists inspire it.**

Long to-do list --> overwhelmed by quantity --> procrastination.

Vague to-do list --> overwhelmed by ambiguity and uncertainty --> procrastination.

Timeless to-dos --> not sure why do X now or what to do first --> procrastination.

# 3. Bygge rutiner



Everyday Deprocrastination Exercises:

Starting despite not feeling like it

You don't have to wait for the stars to align to be inspired. You can start in spite of feeling like doing something else. It's a practice.

Try working for 5 minutes.

"I have to get done so many things" Down pointing backhand index "Where can I start in the next 5 minutes?"

Stay action-oriented.

## 4. Distraksjoner



When you catch yourself getting distracted and want to stop, don't try to jump straight to work.

Work isn't designed to be fun like games or social media. You'll work for a minute or 2 and then bounce back to distractions.

Instead, take a 10 minute break to reset. Then do work.