WHY DOES IT ARISE?
HOW CAN WE ADDRESS IT?

EVERYONE HAS ISSUES WITH PROCRASTINATION
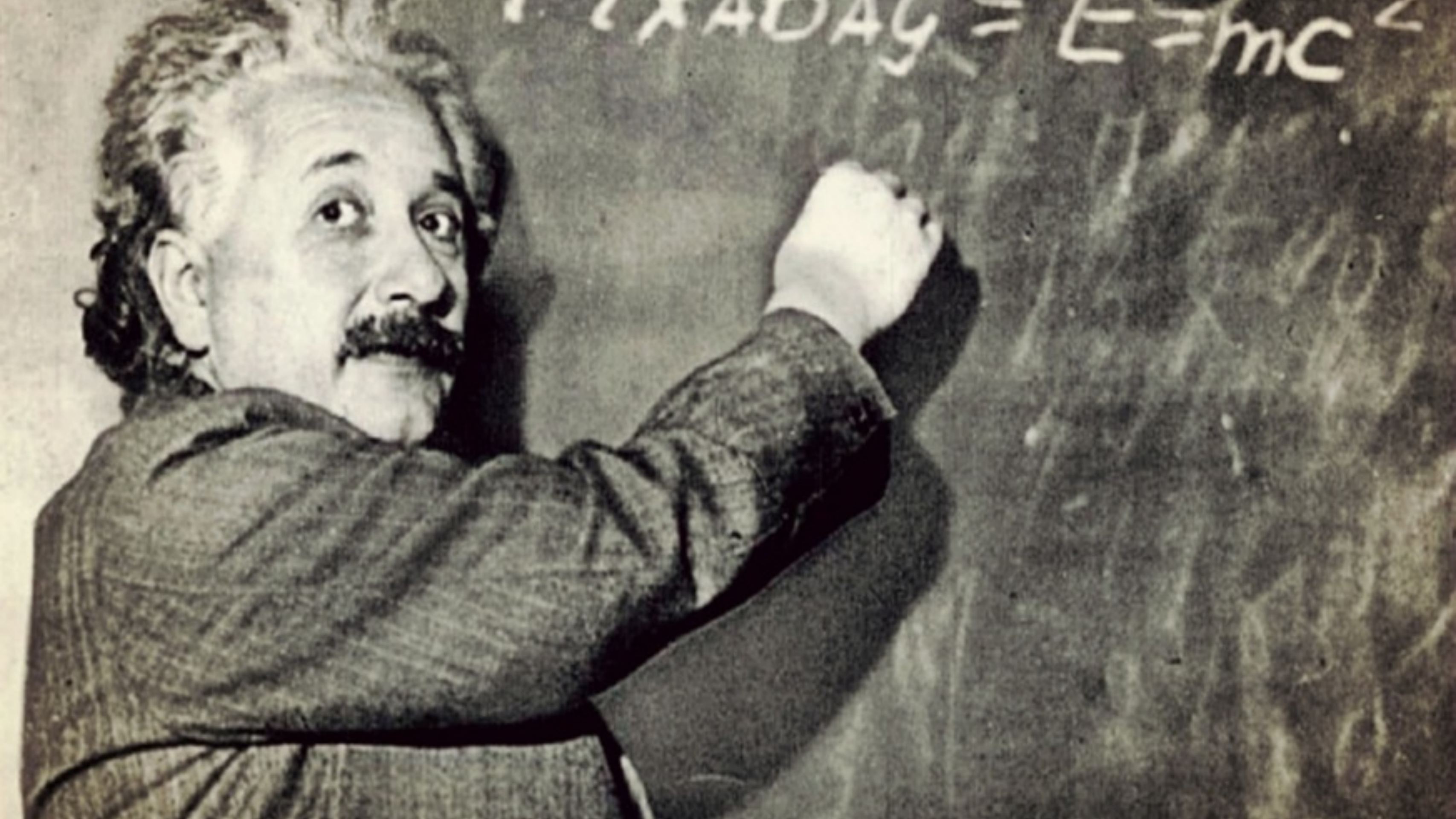
Insula

Figure 2
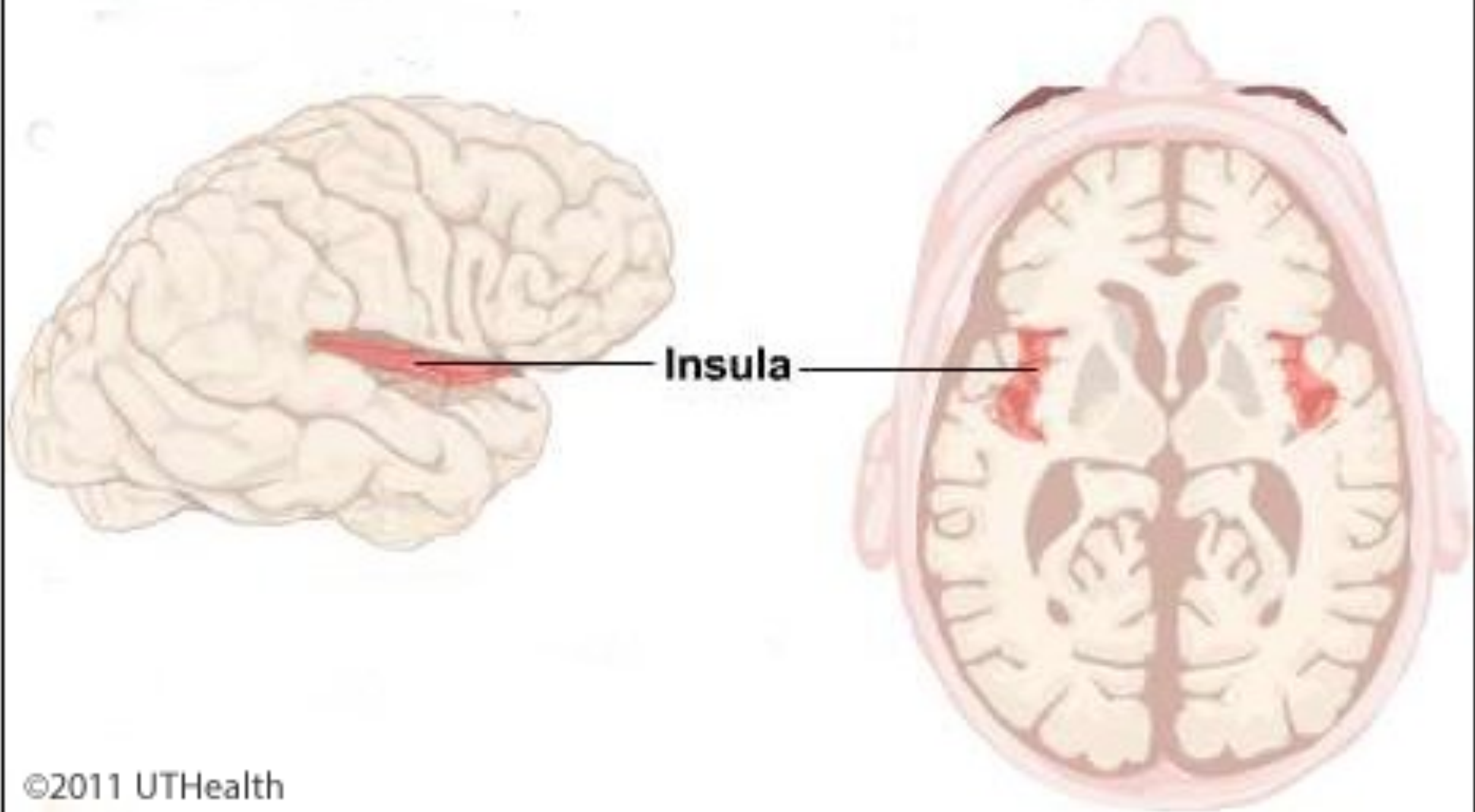
TWO
OPTIONS

DO SOMETHING ELSE

GET
TO WORK

POMODORO

Decide on the task to be done.

Set the timer (typically for 25 minutes).

Work on the task until the timer rings. If a distraction pops into your head, write it down, but immediately get back on task.

After the timer rings - give yourself a small reward. (3-5 minutes)

Start again.