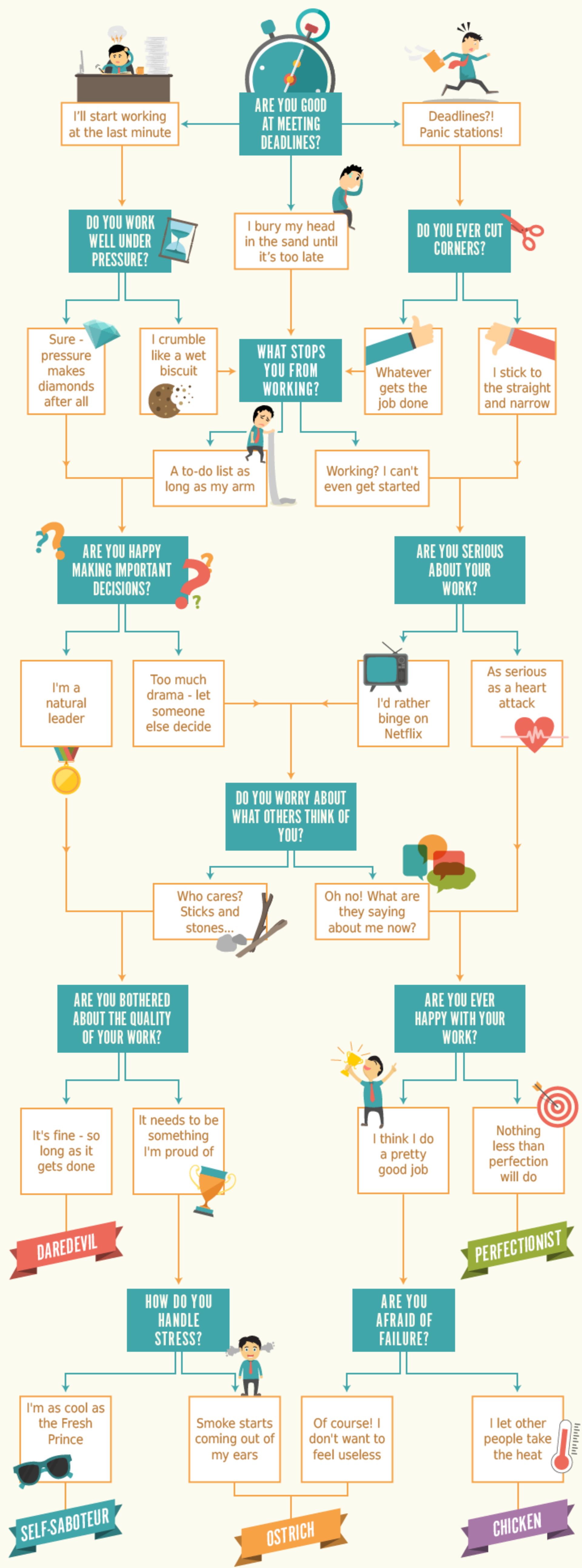


What type of PROCRASTINATOR are you?

Does this sound all too familiar: deadlines are looming, nothing's been done, and you're bingeing on Netflix. But putting off work doesn't mean that you're lazy. Procrastination reveals our hidden anxieties and self-destructive habits.

Follow our chart to find out what's stopping you from starting.



DAREDEVIL

You like to live dangerously, only starting work when the deadline is looming.

You think you show grace under pressure, but the end result is rushed work that's full of errors.

TIPS

Get organised

Set yourself tighter deadlines and use the adrenaline rush productively while managing your team - self-regulate with penalties for not meeting these targets.

OSTRICH

You like to stick your head in the sand and ignore the tasks at hand - avoiding having to make decisions.

If you don't make a decision, then you don't risk failing or being judged.

TIPS

Self-talk confidently

Notice how you are talking to yourself when procrastinating. Think positively - instead of "I can't", say "I will".

SELF-SABOTEUR

You're your own worst enemy, putting obstacles in your path to stop yourself working.

That way, you can say it's not your fault - rewarding yourself for a job left undone.

TIPS

Plan for obstacles

List potential obstacles to getting things done ahead of time, and plan countermeasures, e.g., "Whenever I check Facebook, I take a short break."

CHICKEN

With so many choices, how are you supposed to decide? By the time you've made up your mind, it's too late.

You feel like you may as well put it off and let someone else choose.

TIPS

Swiss-cheese the big tasks

Handle the biggest tasks first by breaking them down into smaller manageable ones. Devote small amounts of time and achieve as much as you can in each to boost your momentum.

PERFECTIONIST

You'll settle for nothing less than perfection - which is essentially impossible.

You're ruled by what others think of you, delaying work until you can be sure other people won't criticise it.

TIPS

Keep it real

Set yourself reasonable targets that you know you can manage and do your best to meet them. Perfection is impossible, but you can learn from mistakes.

Whatever type of procrastinator you are, all of these tips can help you conquer your fears and get back to work. So stop making excuses and go for it - you'll surprise yourself with what you can achieve.

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