This Week’s Assignment

🌟 Do you recognize any of the time procrastination patterns?

Reflect on how, when, and where you observe these patterns in your daily life.

🛠 Assets (optional/recommended):

● ✨ Take time to reflect.

● 📄 Review your daily habits and schedule.

● 📱 Assess how much time you spend on social media.

● 📝 Note: Write a brief reflection in no more than one paragraph.

🌐 The Assignment: Submit a written reflective paragraph on the Training Site. The trick

is to distill everything and make it communicative.

Deadline: Before next week's session.

Looking forward to your reflections!

When I was at university, I often encountered analysis paralysis, particularly when working on large projects. For example, whenever my team and I had to tackle a significant project, I would spend an excessive amount of time studying and conducting research. However, because I didn't manage this time effectively, I would often realize too late that there wasn’t enough time to focus on other parts of the project. Now, I approach things differently: I take action, complete the task, analyze the results, and use those insights to guide my next steps.