Techniques to Manage Procrastination

Set Priorities

Not: I don't know where to begin, so I won't begin at all.
Not: I have to do EVERYTHING! Nothing less will do.
Instead: The most important step is to pick one project and focus on it.

Break the Task Down into Little Pieces

Not: There's so much to do, and it's so complicated. I'm overwhelmed by my English term paper.
Instead: I don't have to do the whole project at once. There are separate small steps I can take one at a time to begin researching and drafting my paper.

Set Up Small, Specific Goals.

Not: I have to write my thesis within two months.
Instead: If I write two pages per day, Monday-Friday, I can finish a first draft in one month. I'll have a revised final draft in two months.

Take One Small Step at a Time.

Not: It's too much. I'll never get it all done
Instead: What is the one next step on my list? I'll concentrate on that step for right now

Reward Yourself Right Away When You Accomplish a Small Goal.

Not: I can't take any time out until I'm completely finished.
Instead: I spent an hour working. Now I'll call a friend.

Use a Time Schedule.

Not: I must devote the whole week to this project
Instead: I can use these times this week to work on my project:
Monday 7-8; Tuesday 7-9; Saturday 10-12.
Learn How to Tell Time.

*Not:* Sorting through these notes and reorganizing my files will be a snap. It won't take me more than an hour, so I can do it any time.
*Instead:* Sorting papers always takes longer than I expect, so I'll start tonight. I'll spend one hour organizing one stack of papers.

Optimize Your Chances for Success.

*Not:* I'll do my writing this weekend at home.
*Instead:* I'll write during the week in a library. (Choose whatever conditions are optimal for you to get work done.)

Delegate, if Possible.

*Not:* I am the only person in the world who can do this.
*Instead:* I don't have to do this all by myself. I can ask someone else to do part of the job and still feel a sense of accomplishment.

Just Get Started.

*Not:* I can't write this speech until inspiration hits.
*Instead:* I'll write what first comes to mind, then improve it later.

Look at What You Have Accomplished.

*Not:* I have hardly made a dent in all there is to do.
*Instead:* I have reviewed my lecture notes and read three chapters. That won't guarantee me an "A", but it's more than I did yesterday.

Be Realistic!

*Not:* I should be able to work full-time, take four classes, be editor of the newspaper, spend more time with friends, and play tennis two hours a day with no trouble at all.
*Instead:* I have limits. I can take on fewer responsibilities and still like myself.