



How to Stop Procrastinating Infographic



How Do I Know If I'm a Procrastinator?

You make excuses. The brutal truth is that a lot of the excuses we make have been going on for so long that it's just a part of our everyday conversation so we stop noticing that we're doing it.



How Do I Stop Procrastinating?

Admit it. Be honest, hold your hand up as if you're testifying in court and repeat after me "I'm a procrastinator" Here's the best bit, everyone is. It's an in built mechanism to keep you alive. The trick is to do something different with the information your brain is currently handling.



How Do I Spot The Symptoms of Procrastination?

Here are the 7 reasons we make up. The 7 excuses we use that cause us to put our work off and do something else instead of what truly needs doing. When we can spot these symptoms we can eliminate large chunks of time we spend procrastinating.

7 Reasons why work gets I.G.N.O.R.E.D.

I

It's easy to not do it – Tech and social media are constantly screaming for our attention and making it easy to be distracted. The moment we sit down for a coffee we start scrolling, or our email pings in the background we instantly switch windows looking for another valid reason not to what we're meant to.

G

Get certainty – We take the easy road, the path well-trodden because it fuels our sense of security. We work inside what we know and can deliver. We know what we'll get and achieve so why create any possibility for mistakes or failure?

N

Nervous (fear) of Failure – Due to the way we've been educated, we've been taught that right and wrong are a binary equation. As such, we learn that failure is the opposite of success. We then do our best to avoid it in the pursuit of managing our 'positive' relationships to our peers and leaders.

O

Overwhelm – We enjoy the feeling of pressure, the looming deadline and the pressure it adds. We get excited for the urgency, the frenzy of adrenaline fuelled all-nighters. Not only is there a risk of missing the deadline, the work will likely be sub-standard as well as impacting your health while you work in this way under stress.

R

Responsibility – You'd rather someone else made the decision, just in case it was a poor choice. In case you feel you missed the mark you'd rather someone else did it and relinquish you of the responsibility, so you hold back.

E

Engaging – The thing you're meant to be doing simply just isn't, well, engaging. It's not challenging enough, difficult enough or emotionally persuasive for you. There is no draw for your attention, so you go looking for something else to do that is.

D

Difficult – On the other end of the scale, it's too difficult for your current self, you think it'll be easier tomorrow. Your future self will be better equipped to deal with it then, so you leave where it is telling yourself you couldn't possibly do it.

...And then when it does get easy, you go and get distracted again with social media and go straight back to the top of the list and start all over again with the same list of excuses...