

8 TIPS TO SMASH PROCRASTINATION

Procrastination is your brain's attempt to avoid stress! But sooner or later, you will have to get the job done.

Here's how to overcome this common problem and score those study goals.



1 HARNESS POMODORO POWER
The Pomodoro Technique is where you work for 15–25 mins then take a 5 min break. Set a timer and focus for at least four time blocks, then reward yourself with a larger break after two or three.

2 PUT TOGETHER A PLAYLIST
Create a playlist of upbeat songs to keep you energised and focused while you study. Instrumental beats work best. Soon, your brain will associate this music with learning.

3 DIVIDE & CONQUER
Break daunting tasks into bite-sized missions and become a Task Ninja. Segment your large assignments into smaller, manageable tasks to stay motivated and prevent the feeling of being overwhelmed.

4 STYLE YOUR STUDY SPOT
Place matters. Curling up on your bed is not going to help. Create a study spot with good lighting, a clear surface and plenty of room to lay out study materials. Make it a quiet place with no distractions.

5 SNACK STRATEGICALLY
For maximum performance, choose brain-boosting snacks like fruits, nuts, blueberries, or yogurt to keep you focused and energised. Keep water on your desk to stay hydrated without the need to head to the kitchen.

6 BE CLEAR ON THE COMPETITION
Your fight is with your own propensity to procrastinate and be tempted to scroll the internet. The results you want will come from you overcoming the roadblocks you place on yourself.

7 AVOID ASSUMPTIONS
Procrastination is the assumption you're going to have another opportunity. Seize this moment! There will never be another one like it.

8 FLY THROUGH THE FINISH LINE
When a task is almost done, put in that extra effort to get it completely finished. This will free up space in your brain to focus on other things.

Ask yourself; What's the most important thing that I need to do today?
Then remember, everything else is a distraction!