

Beating Procrastination

Get Rid of Distractions

Turn off your cellphone, computer, social media, television and do some work

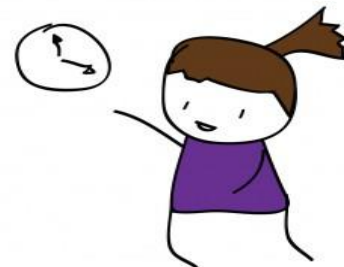


Use Headphones

Cancel out distracting noises by listening to some music

Set a Time Limit

Commit to working for the time you have set. You will also know when it's time to take a break



Know Your Energy Cycle

Work when feel peppy and awake, not when you're exhausted

Be Accountable

Ask a roommate or friend to remind you of your task if you get distracted



Reward Yourself

Take yourself out for a treat when you're done to reward yourself for staying on task

