



## Procrastination

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All of us are guilty of procrastination from time to time. However, it is important not to let procrastination get in the way to achieve what we want! Procrastination is when we get sidetracked with low priority tasks, when we need to achieve something important. For example, I really need to study for my upcoming maths test, but I am watching TV instead!

We tend to shift into procrastination mode when a task is seen as too difficult, inconvenient or scary. Some excuses we make include:

- I'll do this tomorrow
- It's not really that important right now
- I don't have enough information now
- There isn't enough time
- It's too hard to tackle it all at once
- I'm too tired and stressed

### Discuss with each other:

What are the situations that make you procrastinate?

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## Brainstorm ways to combat procrastination

