

Title:

Strategies For Overcoming Procrastination

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Summary:

When we decide to make changes in our lives, one of the biggest obstacles we might need to overcome

Unfortunately, it's not that simple unless we develop an iron will. In the meantime, we might

Keywords:

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Article Body:

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Use obvious reminders - One of the hardest parts of forming new habits is actually remembering

The easiest way to overcome this forgetfulness is to place visible reminders in obvious places

You can also create a planner for yourself and get into the habit of using it every day. A cheat sheet

Envision the outcome - We often avoid tasks that we feel won't be enjoyable. Instead, take some time to

Psych yourself up - Repeat after me: "I want to do this. I can do this. I deserve to do this.

Just five minutes - If you're still struggling to get moving, vow to yourself that you will be

Reward yourself - Once you've gotten started and worked on your goals for at least 5 minutes,

Consistency wins the game - Remember that forming new habits and overcoming procrastination is

In the end, it is our willingness to keep getting up again after we've stumbled or fallen that

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