

PROCRASTINATION

"Procrastination is the grave in which opportunity is buried."

~ Author Unknown

To procrastinate is to put off intentionally the doing of something that should be done. Most people put tasks off from time to time but if you find you are doing this so much that it seriously affects your academic work or other aspects of your life, then you may have a problem with procrastination. Procrastination is self-defeating behaviour and can lead to feelings of guilt, feelings

and that means scheduling time for food, friends, enjoyable activities and sleep. And
yourself regular breaks. ng

SELF TALK

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your strengths, on tasks you have accomplished and feel good about, in order to
remind yourself that you can be successful. Change the words you use from