Overcoming Procrastination – Getting Started

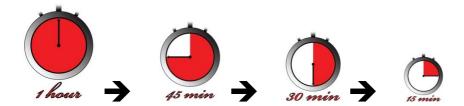
1) Decide how long you will work on a task (smaller is better)



2) If you haven't started the task by the <u>end</u> of your estimated time, then reduce the amount of time that you plan to work.



- 3) Start over.
- **4)** Keep reducing the number of minutes until you actually start on the task.



- 5) If it works and you are still motivated by the end of that time, keep going!
- **6)** Schedule yourself the same amount of time when working on the task in the future.





Adapted 2013 by Michael Lee Zwiers Ph.D., from Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction by Mary V. Solanto Copyright 2011, Guilford Press