

# Why am I procrastinating?



## Try this:

I'm expecting myself to achieve perfection

- Remember **perfection isn't possible** for anyone – reset your expectations to take the pressure off.
- Approach the task in **small increments**. Break it down into steps, ticking one off at a time. Aim for progress, rather than perfection. Be gentle with yourself.
- Adjust your goals by **challenging perfectionistic thoughts**. When you're being hard on yourself, try asking yourself these questions:
  - "Is that really a fair expectation of myself?"
  - "What would I say to a friend in this situation?"
  - "How helpful is it for me to think this way?"

## Try this:

- **Boost my energy levels:** Can I improve my sleep habits? Can I start my day with a short walk outdoors to help me feel energised?
- Explore what's getting in the way with **these questions**, then take action:
  - "What are the reasons I want/need to complete this task?"
  - "Do I need help in understanding how to complete the task, and if so, who can I go to for assistance?"

I'm feeling low on motivation

## Try this:

I'm scared I might fail

- **Break the task into smaller steps** rather than thinking of the whole task. This can reduce anxiety and keep you focused on each step.
- **Seek support from others** when you need help to get out of the negative thoughts in your head.
- **Set a time limit** (e.g., 15 minutes) and engage in the task you've been procrastinating. You don't have to complete it, just do it for 15 minutes. You're now one step closer to finishing it!
- Remember that we **all** make mistakes.