Twitter Thread by UpSkillYourLife

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Psychology Of Procrastination And Tips to Tackle Them.

- Thread -

1. Perfectionist's Fear.

- Procrastination is the subconscious fear of failure.

- If you put off a task long enough, then you don't have to face up to the potential negative results.

- Don't stick to getting minor things 'just right', it causes delay in continuing the task.

How To Tackle:

- Try visualizing the completion of your task in the positive way.

- Understand perfection is a myth.

- Put in your best effort and realize that's all you can do.

2. Dreamer's Lack Of Action.

- Person who is highly creative and has many brilliant ideas but can't put them to action.

- This happens as there is no goal setting involved after the idea has been created.

- Aimless approach manifests lack of decision making and delays.

How To Tackle:

- Once you have an idea, write down a timeline of what you want to achieve and by when.

- Do this daily to keep yourself on track and accountable.

3. Overwhelmed Avoider.

- A task might be overwhelming to do, which causes you to procrastinate.

- Complexity of a task causes the brain to lose motivation and avoids doing it altogether.

How To Tackle:

- Break the challenge down into smaller tasks and Tackle individually.

4. Busy Bee Who Lacks Prioritization.

- You may have too many tasks and you miss to acknowledge differing importance of each task.

- Time is wasted on switching from one task to other or spending too much time deciding what to do.

- Even while multitasking, things gets mixed.

How To Tackle:

- It's all about priorities. Choose important tasks over urgent ones.

- Make sure to question the value and purpose of each task and make a list in order of importance.

5. The Distraction-Prone.

- Distraction is another cause for procrastination.

- Our brains aren't wired to focus for long periods of time and it looks for something else.

How To Tackle:

- Be mindful of your workspace and potential distractions.

- Work for 20-30 minutes at a time and then take a 5 minute break.

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