

## PROCRASTINATION TRIGGERS

↳ When a task is	↳ We may feel...	↳ triggering automatic	↳ Instead, choose
• difficult	• overwhelmed	avoidance response	to seek solutions
• frustrating	• defeated	• food or drink	• simplicity
• unclear	• anxious	• social media	• focus
• boring	• unmotivated	• videos	• clarity
		• games	• meaning

↳ the **TASK IS...**      ↳ **FEEL...**      ↳ **SEEK SOLUTIONS**

<b>Difficult</b> →	<b>Overwhelmed</b> →	<b>Simplification</b>
• big	• stressed	• break it down
• hard to accomplish	• distracted	• learn more about it
• time consuming	• fatigue	• start small
• complex	• scattered	• ask for help

<b>Frustrating</b> →	<b>Defeated</b> →	<b>Focus</b>
• malfunctions	• thwarted	• allow enough time
• interruptions	• annoyed	• eliminate distractions
• miscommunication	• angry	• use peak energy
• Murphy's law	• discouraged	• adjust expectations

<b>Unclear</b> →	<b>Anxious</b> →	<b>Clarity</b>
• vague	• restless	• obtain information
• indefinite	• upset stomach	• get more specific
• uncertain	• difficult to focus	• ask questions
• ambiguous	• muscle tension	• make a plan

<b>Boring</b> →	<b>Unmotivated</b> →	<b>Meaning</b>
• routine	• uninterested	• add novelty
• no challenge	• disengaged	• gamify
• pointless	• meaningless	• focus on results
• tedious	• listless	• add incentives

<b>Afraid of...</b>	<b>Fearful</b> →	<b>Courage</b>
• failure	• timid	• challenge assumptions
• unknown	• shaky	• emulate heroes
• discomfort	• lack confidence	• choose grit
• rejection	• vulnerable	• follow values

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