

Turning Procrastination into Productivity

One distraction at a time



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WHAT IS PROCRASTINATION ?

- In the word – pro(forward) crastinus (tomorrow)
 - "put off to tomorrow"
- In the research
 - Delay an intended course of action despite *expecting to be worse off for the delay*
 - *No excuse available for not appreciating either the reasons or the impact*

Steele (2017) The History, Definition and Measurement of Procrastination

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DO YOU HAVE A PATTERN TO YOUR PROCRASTINATION?

SUCCESS

Too much work
Not enough time
Lacking resources

LULL

Not enough work
Too much time
Lacking motivation

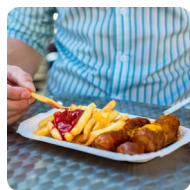
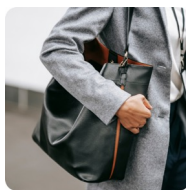
DECISION MAKING

Where to start?
Can't focus !
Worry and fear ☹️

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FOUR TYPES OF PROCRASTINATION



Mariani & Ferrari (2012) Adult Inventory of Procrastination

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WHAT MAKES THE DIFFERENCE?

- Task characteristic
 - What makes you choose one task over another?
- Task aversion
 - How unpleasant is the task?
- Timing and consequences
 - What happens if you don't?
- Self-efficacy
 - Belief about ability to perform the task

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QUESTIONS?

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