

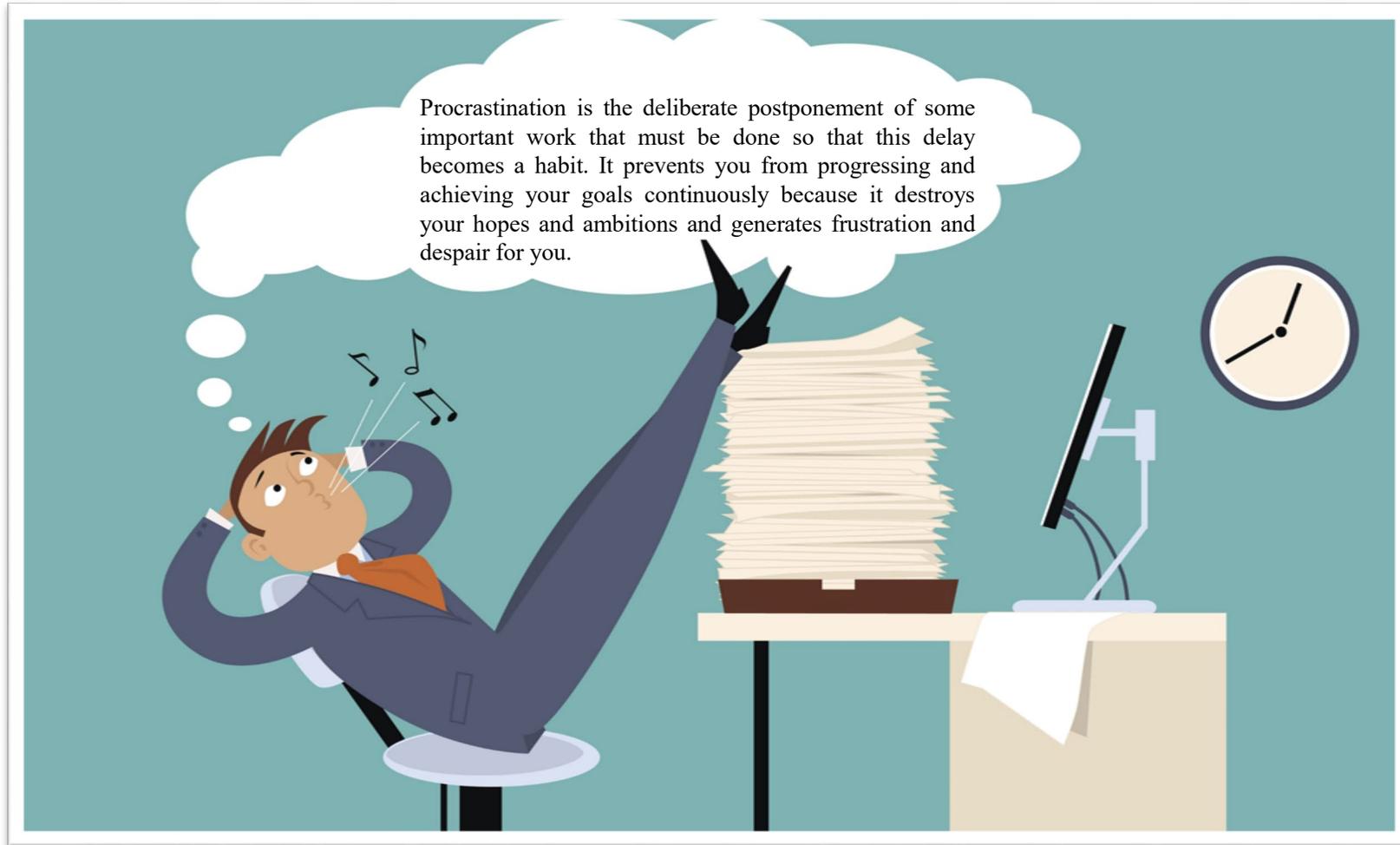


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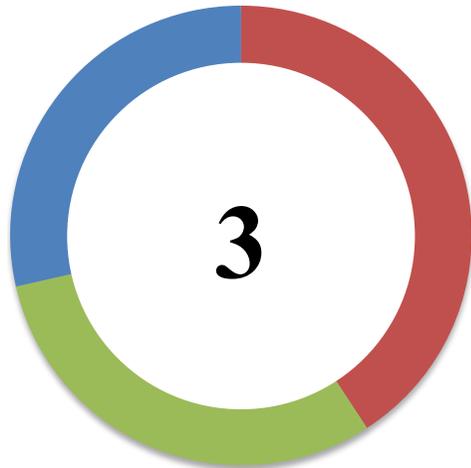
**How can I overcome the procrastination habit?**



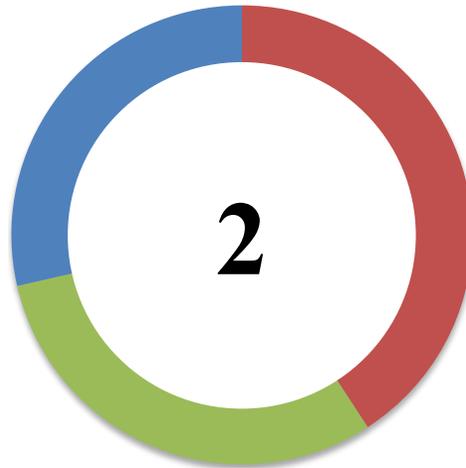
## What is procrastination?



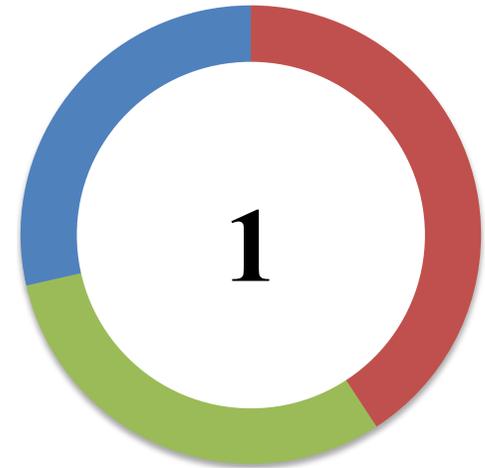
**Scholars suggested that we judge behavior as procrastination only when three criteria are met**



Postponement results in failure to complete tasks and not making decisions on time



The postponement is unnecessary, meaning that there is no purpose in the postponement.



Postponement can be counterproductive.



## Some reasons for procrastination



### Seeking Perfection

It is difficult for those who are looking for perfection to get their work done on time and enjoy peace and serenity.

1

It is easier to do nothing than to work

**Fear of failure or dissatisfaction with results**

The reason why an individual does not set his goals is the fear of failure.

2

3

Irresponsibility and risk evasion

Temporary relief

Having no purpose makes us not know when we are failing.  
willful blindness

4



## Some reasons for procrastination

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**Anxiety disorder (withdrawal)**



**Family and environment**



# How can I overcome the procrastination?



**Treat yourself that you are someone who is worthy.**

**Determine the primary goal**

**what you want to be?**

**What you do not want to be?**

**Use all your abilities to get what you want**

**micro habits**

**Use the principle of the  
“importance”**

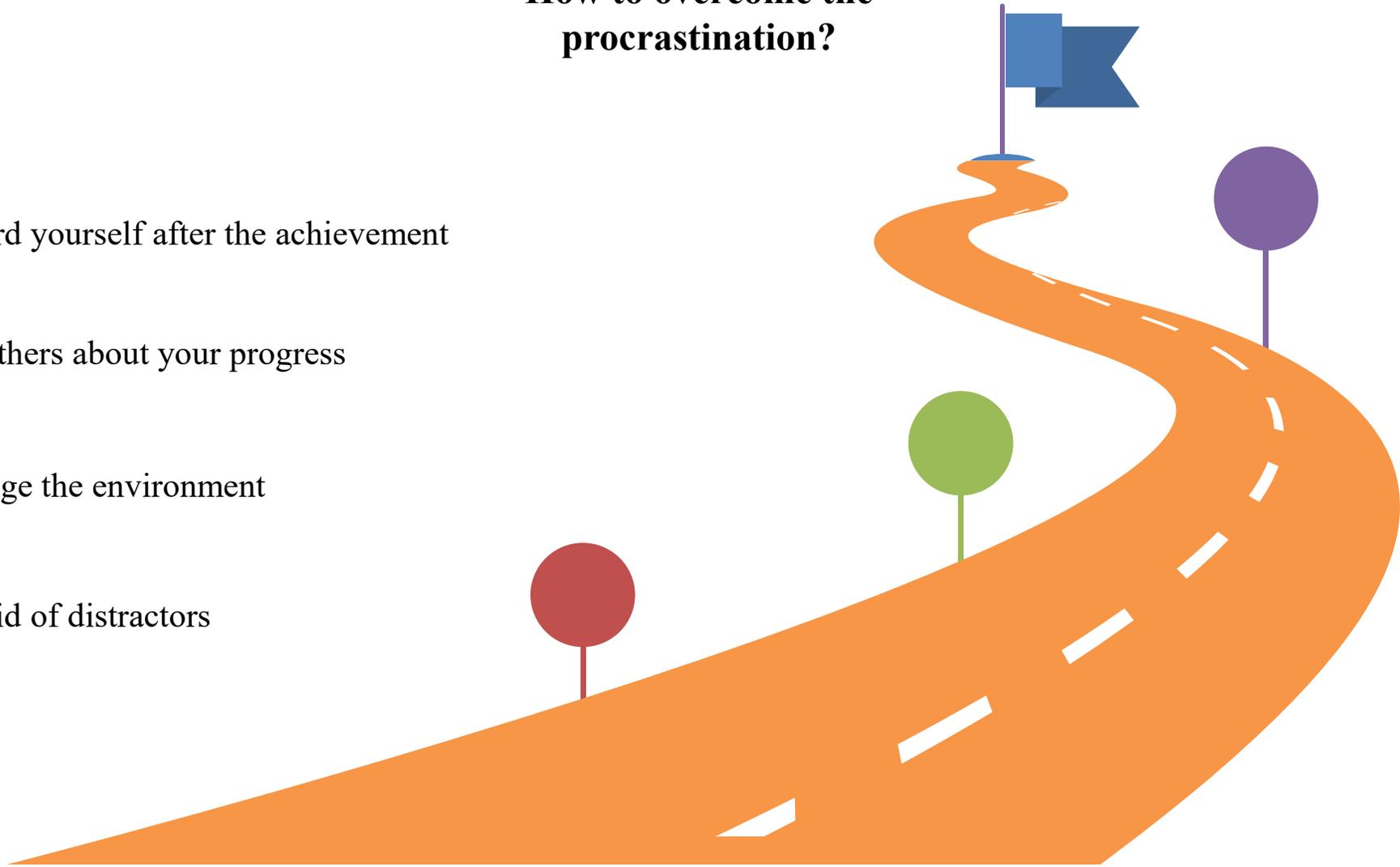
**Make a suitable schedule for yourself, but you should not  
feel imprisoned**

**Even if you stick to 50% of your schedule, don't get frustrated**



## How to overcome the procrastination?

- Reward yourself after the achievement
- Tell others about your progress
- Change the environment
- Get rid of distractors



**Thank you for your attention**

