

Conquering Procrastination: Strategies for Action-Oriented Living

Procrastination can hinder productivity and delay personal and professional growth. This session empowers participants to understand the root causes of procrastination and provides actionable strategies to overcome it. Learn how to build momentum, enhance focus, and prioritise tasks to achieve your goals with greater efficiency.

Discover practical techniques for breaking unproductive habits, managing distractions, and cultivating a purpose-driven approach to daily tasks. By adopting these strategies, participants will unlock their potential, boost productivity, and lead a more intentional, action-oriented life.

Learning Objectives

- Understanding the psychology behind procrastination and identifying common triggers
- Identifying personal procrastination patterns and how they impact our well-being
- Apply actionable strategies to overcome procrastination and build momentum toward an action-oriented lifestyle

Content Outline

Introduction – The Procrastination Puzzle

- Understanding the prevalence and impact of procrastination
- Defining procrastination and exploring its emotional toll
- Debunking common misconceptions about procrastination

Understanding Procrastination – Know Your Enemy

- Exploring different types of procrastinators
- Understanding the emotions linked to procrastination
- Activity: Objectifying your procrastinator

Strategies for Action-Oriented Living – Moving from Stuck to Start

- Reframing tasks with meaning
- Practicing self-compassion
- Breaking tasks into smaller, manageable steps
- Organising tasks and minimising distractions
- Taking regular action to build momentum