

Procrastination Matrix

Directions. Use this matrix to connect the most popular reasons people procrastinate to the strategies that can help to overcome them.

		Strategies for Overcoming Procrastination									
		Vocabulary	Reverse Calendar	Filling Up Your Schedule	Work in Flow State	Fully Embraced Goals	Look at the Tiny Steps	Make Your Own Rewards	Reframe its Importance	Sleep, Eat Healthy, Exercise	Uncover Start & End Points
Reasons for Procrastinating	Fear of Failing	■	■	■	■	■	■	■			■
	Lacking Motivation			■		■		■	■		■
	Lacking Focus			■	■	■	■	■		■	
	Feeling Overwhelmed	■	■		■		■			■	■
	Task Unpleasant	■			■	■		■	■		■