Twitter Thread by Divya Mittal



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Procrastination is when you keep postponing important tasks. If you do this frequently - you're not alone!

■Use these tactics from 7 famous books which will help you overcome procrastination

"Atomic Habits" by James Clear

■ Use the "two-minute rule" to get started on a task

■ Make the task so simple that it takes 2 mins. You can't say no to it and build momentum from there

■Make your goals specific and measurable

"The 5 Second Rule" by Mel Robbins

■ Count down from 5 and take action immediately to override your brain's hesitation and fear

■Focus on taking small, consistent steps towards your goal

■Use positive self-talk to motivate yourself

"Eat That Frog" by Brian Tracy

■ Identify the most important task you need to complete and do it first thing in the morning

■ Break the task down into smaller, more manageable steps

■ Set specific goals and deadlines for yourself

"Getting Things Done" by David Allen

■Use a system of lists and categories to keep track of tasks and goals

■Break down tasks into small, actionable steps

■Regularly review and update your task lists to stay on top of things

"Deep Work" by Cal Newport

■ Eliminate distractions and create a space for focused work

■ Break work into "deep work" sessions of at least an hour

■ Develop a pre-work ritual to prepare your mind for focused work

"The Now Habit" by Neil Fiore

■ Focus on scheduling in time for leisure and relaxation first, then use the remaining time for work

■ Use "unscheduling" to break down large projects into small, manageable tasks and schedule time to work on them

■ Challenge negative self-talk

"The Power of Habit" by Charles Duhigg

■ Identify the "cue" that triggers your procrastination and then change your routine or "reward" to break the habit

■ Use "implementation intentions" to plan out specific actions you will take to overcome procrastination

Remember, the key to overcoming procrastination is to take action, even if it's just a small step. Don't wait for motivation to strike - create it by starting now.

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