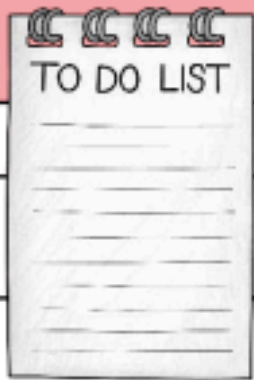


Overcoming Procrastination



GREETING: Find someone who has the same favorite food as you and chat with them.

INTRODUCTION: Procrastination is putting something off when you could start it right away. Learning to overcome procrastination can help you accomplish tasks quicker!

DISCUSSION QUESTIONS

- Why do people put tasks off sometimes?
- What happens when you put a task off until later?
Does it really go away?
- When can procrastination be a problem?
- How does it feel when you procrastinate on something?
- What are strategies to reduce procrastination?
- How can you encourage yourself to get started?

Activity #1

Procrastination is really a mind game. It tricks us into thinking we are free when we really are not!
Discuss three examples when procrastination could have negative impacts.

Activity #2

Let's practice a strategy you can use to get yourself up and going!
Pretend you are a rocket ship.
Together, give a countdown with "5-4-3-2-1." After the countdown, shout, "Blast off!" and stand up!

Activity #3

Read some strategies for getting started and discuss:

- Use a timer to countdown start time
- Give yourself a reward when you finish
- Use self-talk to remind yourself why you're doing it!

CLOSING: Get yourself started today. Identify one thing you can do to get yourself started on a task instead of putting it off for another day.

FINAL THOUGHTS: Share any final thoughts, questions, concerns, or needs.