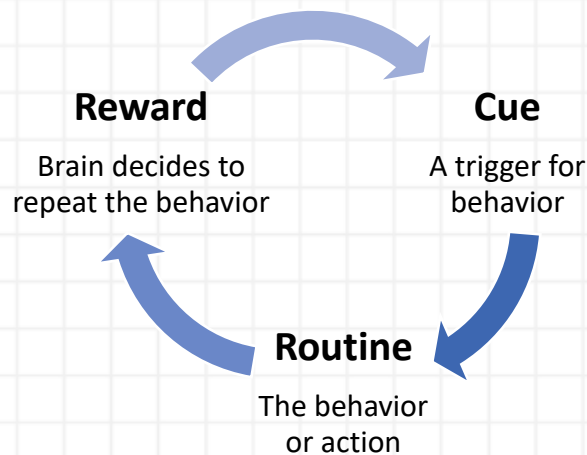


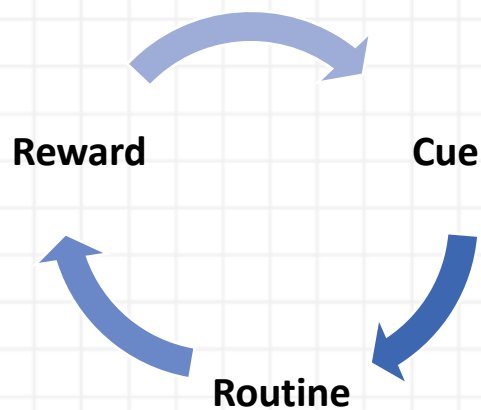
Preventing Procrastination

The first step of gaining control over procrastination is to recognize the pattern of behavior that occurs. The diagram below shows the procrastination loop, which shows how we can get stuck in this cycle.

Current Habit Loop



New Habit Loop



How will you build the new habit loop? Create a SMART goal of your plan.