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To do this, allow yourself to procrastinate regularly, but don’t intentionally. If you have 2 hours of studying to do today, set up 30 minutes at the end of each hour to indulge your procrastination guilt-free. Step 6: Exclude stimuli that motivate you to take action.

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One out of every 10 practical ways to stop procrastinating, “The Just” Technique boil down to something so easy and simple that you can do it in a couple of minutes. The idea is that by switching from a mindset of nothing to “something I can do” can make you feel like you’re a bit more productive. It is also a great way to get started when you think you can’t get started.

How to Stop Procrastinating: 7 Simple Ways to Just Get Started

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How to Stop Procrastinating: 5 Tips from a Psychologist

The Pomodoro technique is a time management technique that is accepted and used globally as regards knowing how to stop procrastinating. It was developed in the 1980s by Francesco Cirillo. It is named after the Italian word for tomato. Francesco made use of a kitchen timer with the semblance of tomato and thus named the method after the tomato.

How to Stop Procrastinating: 14 Simple Tips to Stop Being...

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How to Stop Procrastinating: 7 Simple Ways to Just Get Started

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These 11 steps will definitely apply to you. 1. Break Your Ways Into Little Steps. 2. Change Your Environment. 3. Create a Detailed Timeline with Specific Deadlines. 4. Eliminate Your Procrastination Pit-Stops. 5. Hang out with People Who Inspire You to Take Action.

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