



# PROCRASTINATION

Tips to Maintain Motivation and  
Stop Delaying Study Tasks



GET BACK ON TRACK WITH YOUR STUDY

Identify if you are  
**PROCRASTINATING**  
(i.e., delaying tasks  
until a later time)

I'LL DO IT  
TOMORROW

Identify why you  
procrastinate?

- **afraid of failure**
- **perfectionism**
- **overwhelmed**
- **not interested**
- **unprepared**

Identify faulty  
thinking

**I work well under stress**  
**I've got plenty of time**  
**I have to be in the mood**  
**to study**  
**I don't have enough time**  
**now, I'll do it tomorrow**  
Each of these excuses  
involves faulty thinking



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# USE MOTIVATING SELF-TALK

Every minute I spend  
on this gets me closer to  
finishing

I've started -  
I just need to  
keep going

*I can do this!*

THIS IS NOT FUN  
BUT I'LL FEEL  
GREAT WHEN I'VE  
FINISHED IT

I'M DOING WHAT I  
NEED TO ACHIEVE  
MY GOAL

## MINDFULNESS: USE THE POWER OF YOUR MIND

Conduct an experiment: Like a scientist notice what happens when you observe your thoughts and urges!



- Notice thoughts that stop you studying, like excuses or faulty thinking (e.g., "I'm not in the mood, I'll do it tomorrow")
- Without judging yourself, just notice what happens when you get "hooked" by these unhelpful thoughts:
  - Motivation decreases
  - Procrastination increases
  - You label yourself as "lazy" or "bad"
- Practice "letting go" - Unhook from unhelpful and random thoughts - imagine they are like clouds in the sky - they come and they go - and keep returning your awareness again and again back to your task
- Focus on one task at a time
- Keep study interesting - With fresh eyes notice anything new about the task you hadn't noticed before?



If you need help to increase motivation and decrease procrastination,  
make a booking for a counselling appointment with our qualified  
Counsellors: <https://counselling.monashcollege.edu.au>