PROCRASTINATI ON



WHAT PROCRASTINATION IS?

Tomorrow

(noun)

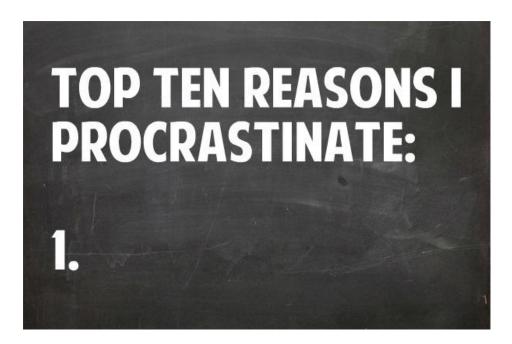
the best time to do everything you had planed for today.





HOW I DID THIS PRESENTATION

This picture will explain everything





LET'S START!

• ... NO!





BUT...

• ... I said NO! I have some very important things to do right now...



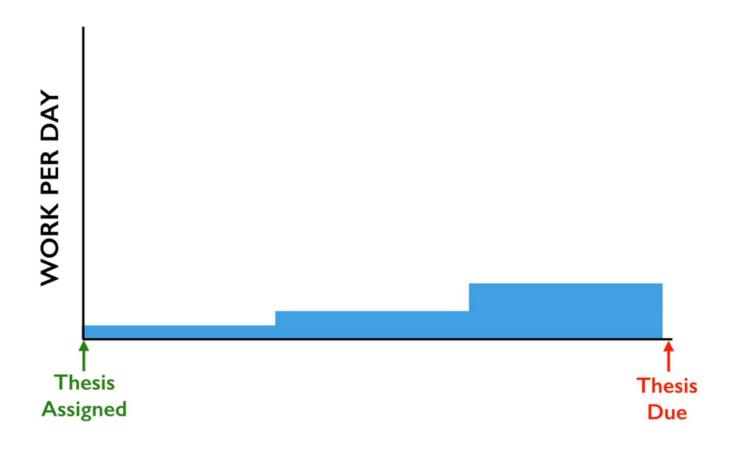


STOP PROCRASTINATING!

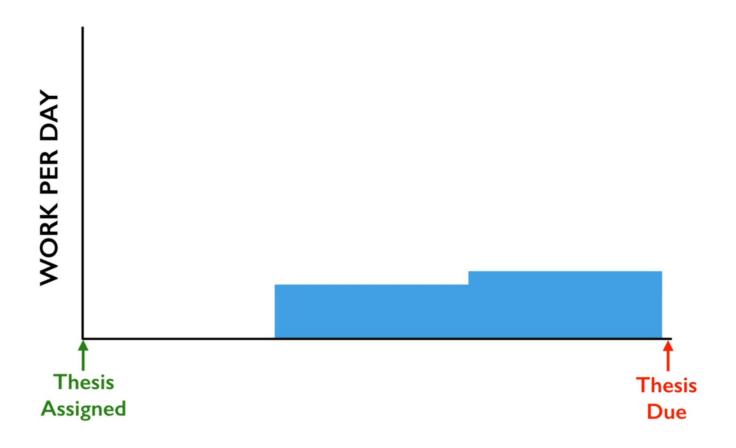
Actually...



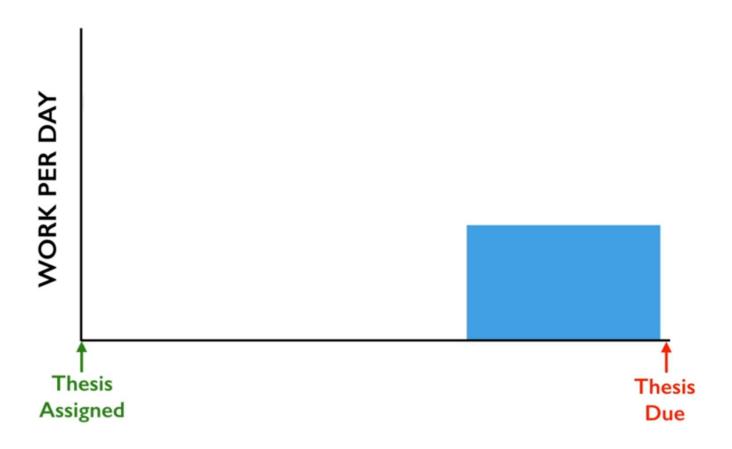




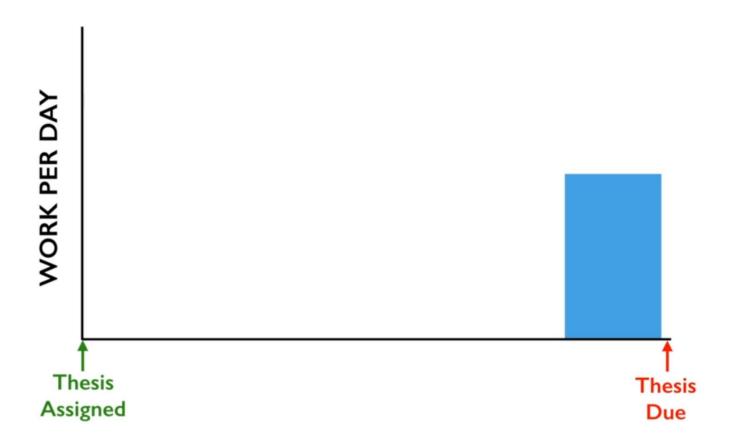




















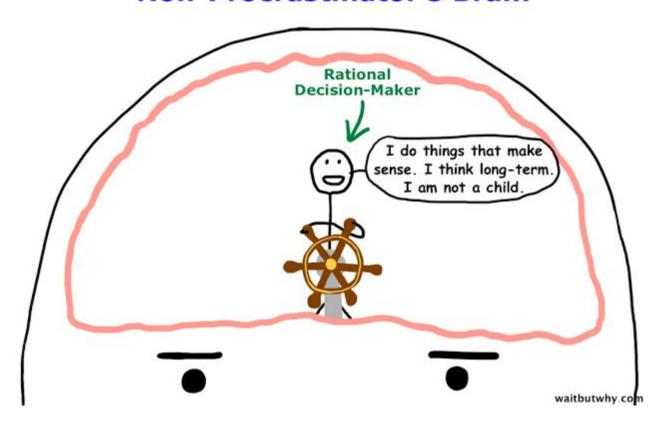


IS THERE ANY DIFFERENCES BETWEEN **NON-PROCRASTINATOR'S BRAIN AND** PROCRASTINATOR'S ONE?



NON-PROCRASTINATOR'S BRAIN

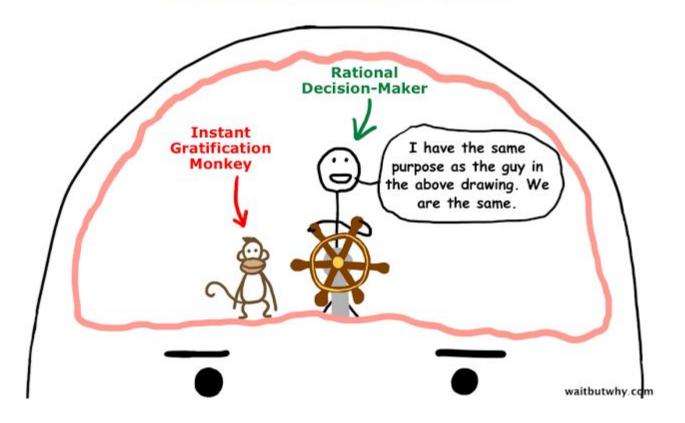
Non-Procrastinator's Brain





AND...

Procrastinator's Brain

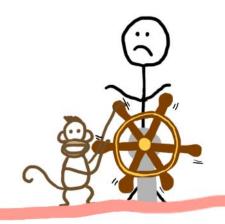


SO WHEN YOU WANT TO DO SOME IMPORTANT THINGS...





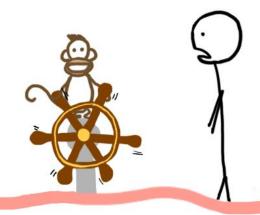










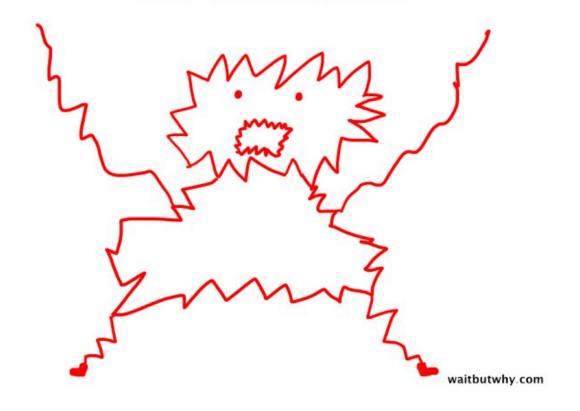




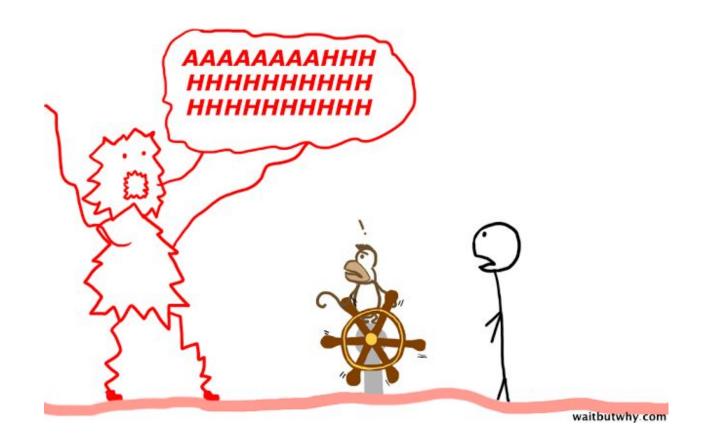
HOW DOES THE PROCRASTINATOR EVER MANAGE TO ACCOMPLISH ANYTHING?



The Panic Monster



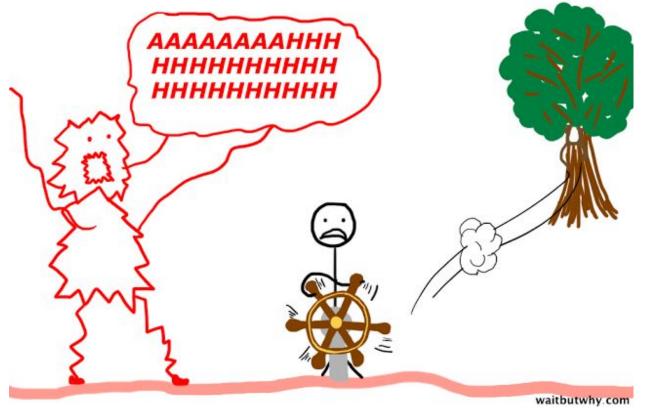












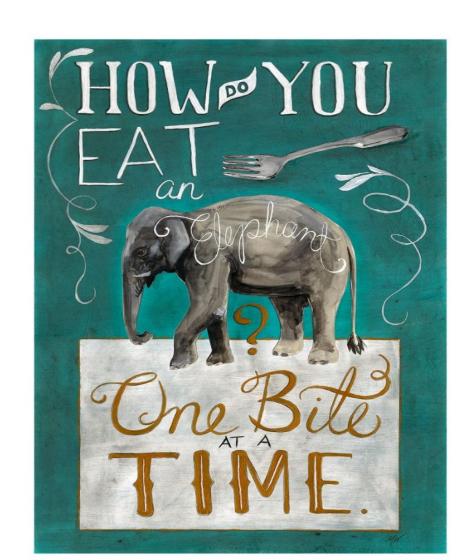




SO HOW TO STOP PROCRASTINATION?



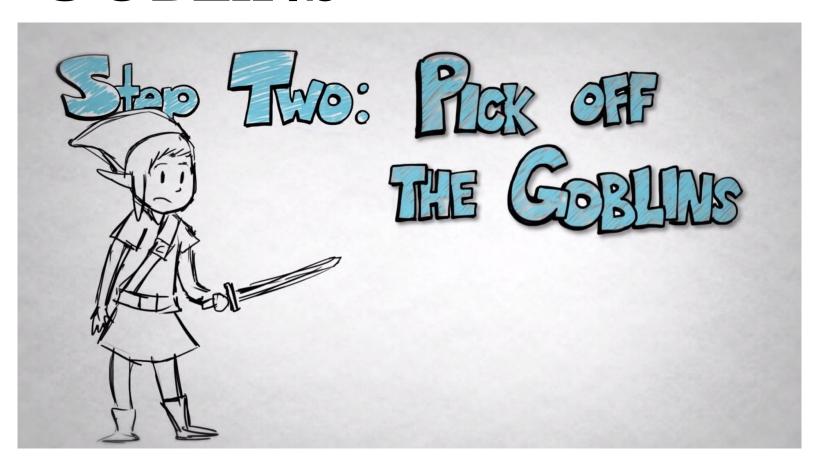
STEP ONE: EAT AN ELEPHANT





YOU NEED TIME TO DIGEST OR YOU'RE GONNA MAKE YOURSELF SICK

STEP TWO: PICK OFF THE GOBLINS





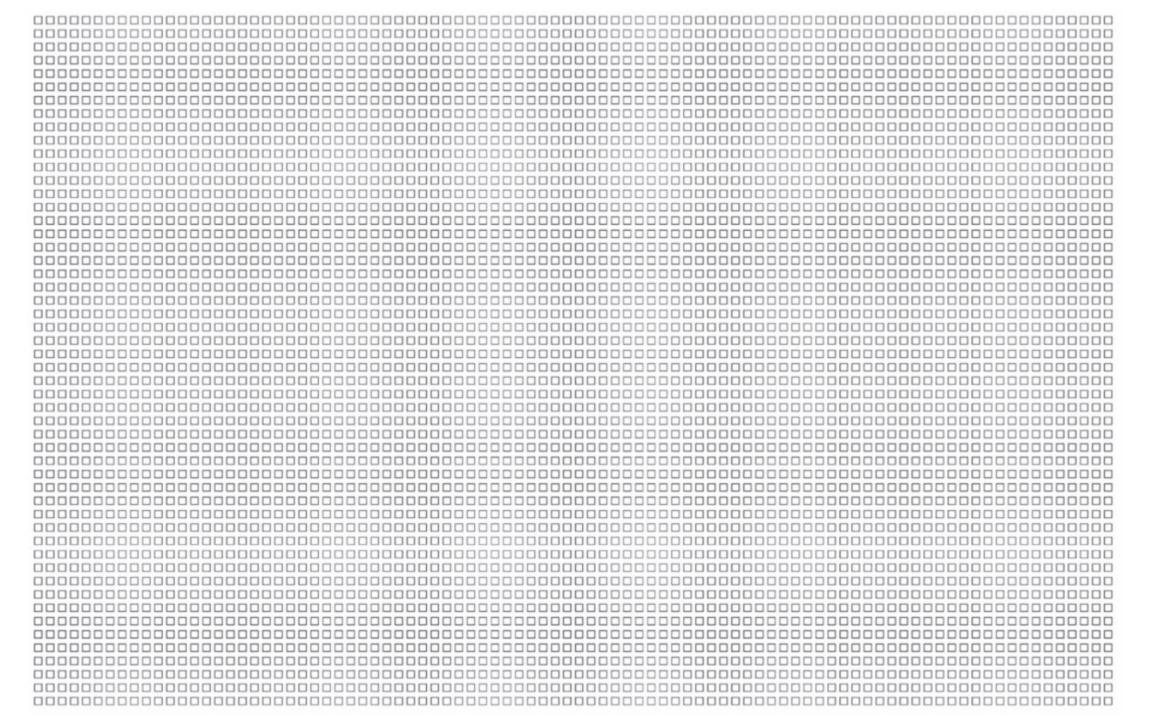
A GOOD WAY AROUND THIS – IS THE START THE PROJECT OFF WITH THE TASK YOU LIKE THE BEST

STEP THREE: IGNORE THE SIREN'S SONG





YOU SHOULD PLAN TO ANY DISTRACTIONS THAT WILL HAND FOR YOUR ABILITY TO PROCRASTINATE LATER







KEEP
CALM
AND
ON'T
PROCRASTINATE

