

Why Change?

- If it's "working" there can be less motivation
 - Sooner or later- it will hurt you
 - Better quality of life
 - Damages more than grades:
 - Higher levels of stress
 - Difficulty sleeping/concentrating
 - Weakens immune system
- How can it affect your career?
 - No room for procrastination in the medical field

Step One: Identifying the Causes

- Myth:
 - Laziness
- Reality:
 - Exhaustion
 - Anxiety
 - Fear of Failure
 - Task seems insurmountable
 - Stretched too thin

- These all lead to an inefficient system of productivity that allows for self-loathing, feelings of inadequacy, and choice paralysis.
- Procrastination normally coexists with other negative states, such as discomfort, anxiety, or self-doubts.
- Lastly, as humans we are easily distracted and can be highly impulsive when it comes to procrastinating
 - Let me just check my email “really quick”
 - I’ll just answer this one text
 - Oops, where did the day go?

5 Lies Procrastinators Tell Themselves

- They overestimate the time they have left to perform tasks.
- They underestimate the time it takes to complete tasks.
- They overestimate how motivated they will feel the next day, the next week, the next month -- whenever they are putting things off to.
- They mistakenly think that succeeding at a task requires that they feel like doing it.
- They mistakenly believe that working when not in the mood is suboptimal.