

# Procrastination

Trinity Missionary Baptist Church  
Health Ministry/Fit to Serve Ministry  
Carnigee Truesdale, PsyD, ABPP

# What is Procrastination?



- Intentionally not completing a task or goal that you have committed to despite there being negative consequences.

# Why do we Procrastinate?

- Perfectionism
- Overwhelmed
- Task Aversion
- Inability to Focus
- Fear
- Lack of Accountability



# Practical Steps for Procrastination:

## What and When

### **What Do I Need To Do?**

- Make a To Do list
- Prioritize the list
- Break each task into smaller steps
- Estimate how much time each smaller step will take

### **When Can I Do It?**

- Use a calendar to write your existing commitments/routines
- Find blocks of free time for your tasks that you have been putting off

# Practical Steps for Procrastination:

How Can I Do It?

- Worst-First
- Using Momentum
- Just 5 minutes
- Set Time limits
- Prime Time
- Prime Place
- Remember-then-Do
- Breathe to Focus
- Plan Rewards

