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[How To Take Back Your Power In Relationships Set Deadlines](#)

HOW TO STOP PROCRASTINATING

- BREAK LARGE TASKS INTO SMALLER ONES
- IDENTIFY YOUR PRODUCTIVITY CYCLES
- SET DEADLINES FOR YOURSELF
- CREATE STREAKS
- GAMIFY YOUR BEHAVIOR
- IMPROVE YOUR WORK ENVIRONMENT
- REMOVE DISTRACTIONS
- AVOID BEING TRIGGERED BY IMPULSES
- MAKE IT EASIER TO GET STARTED
- SET TIME CONSTRAINTS FOR DECISION-MAKING
- USE COUNTDOWNS
- ELIMINATE BOTTLENECKS
- FIGURE OUT WHAT YOU CAN CONTROL
- AVOID PROcrastinating
- MAKE UNPLEASANT TASKS MORE ENJOYABLE
- REWARD YOURSELF FOR ACCOMPLISHMENTS
- MINIMIZE THE IMPACT OF RELAPSES
- VISUALIZE YOUR FUTURE SELF
- FIND SOMEONE WHO CAN HOLD YOU ACCOUNTABLE

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