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Last updated October 20, 2020 Deadline is approaching. But instead of working, I'm doing a lot of things like checking e-mail, watching social media, watching videos, surfing blogs, forums, and so on. You know you should work, but you don't feel like doing anything. We are all familiar with procrastination. When procrastination, we waste free time and postpone important tasks to do them until it's too late. And when it's really too late, we panic and I want us to start earlier. Chronic procrastination I know has spent years looping through their lives in this cycle. Delay, put things off, be lazy, hide away from work, face work only when you have to, and repeat this loop. It's a bad habit that eats us up and prevents us from achieving greater results in life. Don't allow procrastination to take over your life. Here you will share your personal steps on how to stop procrastination. These 11 steps will definitely apply to you as well: 1. Part of the reason we procrastinate is because unconsciously we find too overwhelming work for us. Break it down into smaller parts and focus on one part at that point. If you want to procrastinate after disassembling a task, disassemble it further. Soon, your job is so easy that you'll think, Hey, this is so easy, maybe I'll do it right now. For example, I am currently writing a new book (about how to achieve something in life). Writing a book in earnest is a huge project and can be overwhelming. However, when dividing into stages such as –(1) research (2) determining topics (3) creating an overview (4) creating content (5) #10^0 Suddenly, it seems to be very manageable. What I'm doing is focusing on the immediate stage and having it done to its best ability, without thinking about other stages. When it's done, I'll move on. Changes in the environment Different environments have a different impact on our productivity. Look at the work desk and the room. Do they make you want to work or do you want to sleep close together? One thing to note is that a previously inspired environment can lose its effect after a certain period of time. If so, it's too much time to change things. See Steps 2 and 3 of the 13 Strategies for Increasing Productivity. Having just one deadline for your job to create a detailed timeline with a specific deadline is like an invitation to procrastinate. That's because I get the impression that there's time until it's too late and keep pushing everything back. Break down the project (see Tip 1) and set a specific deadline for each small task to create an overall timeline. In this way, you know that you need to quit/Run the task by a specific date. Timelines must also be robust - that is, if you don't finish this by today, you'll risk everything else you've planned after that. In this way, it creates the urgency to act. My goal is to be classified into the daily task list, monthly, weekly, and lower right, and the list is a call to action that I must achieve this by the specified date, otherwise my goal will be postponed. Here are some tips for setting deadlines: 22 Tips for effective deadlines4.Eliminate your procrastination pit stop If you're a little procrastinate, it's because it makes procrastination easier. Identify browser bookmarks that take a lot of time and navigate to a different folder with less access. Disable the automatic notification option in the mail client. Get rid of the distractions around you. I know that some people get in the way and delete or deactivate their Facebook account. Working on procrastination is more about being aware of our behavior than countering it in a self-binding way, so I think it's a bit extreme, but if you feel it's necessary, we'll work on it. If you only take 10 minutes to talk to Steve Jobs or Bill Gates, who play with people who inspire you to take action, you'll be more inspired by action than if you spent 10 minutes doing nothing. The people we are with affect our behavior. Of course, spending every day with Steve Jobs or Bill Gates is probably not a feasible way, but the principle is true - identifying the people, friends and colleagues who cause you the hidden power of each person around you - most likely go-getters and hardworking people - and play with them more often. Soon you'll even tell them their drive and spirit. As a personal development blogger, I read their blogs and go out to inspire personal development professionals by responding to them regularly via email or social media. It is communication through new media and it all works the same way. Having a companion who gets buddy will make the whole process much more fun. Ideally, your buddy must be the one who has his/her own set of goals. You two are responsible for each other's goals and plans. You two don't have to have the same goal, but if so, it'll be even better, so you can learn from each other. I have good friends who talk regularly, but we always ask each other about their goals and their progress in achieving their goals. Needless to say, continuing to take action spurs us. Know other users about your goals This #6と同じ機能を on a larger scale. Tell all your friends, colleagues, acquaintances and family about your project. Now, every time you look at them, they must ask you about your status of those projects. For example, I sometimes publish my projects on personal excellence blogs. Twitter and Facebook, and readers continually ask me about them. That's a great wayTake responsibility for your own plan. Find people who have already achieved results What do you want to achieve here, and who has already done this? Seeing live evidence that action is very achievable is one of the best triggers for action. If you had procrastination for a long period of time to re-clarify the goal, it may reflect the gap between what you want and what you are doing now. In many cases, we exceed our goals as we discover more about ourselves, but we don't change our goals to reflect them. Get away from your work (a short vacation would be good, otherwise you'll also take a weekend break or stay) and take the time to regroup yourself. What exactly do you want to achieve? For X, Y, Z reasons now may not be the best time? If you keep waiting for one, you're not going to get anything done. Perfectionism is one of the biggest reasons for procrastination. Read more about why perfectionist tendencies are more of a spring than a boon: why being a perfectionist may not be so perfect. At the end of getting a grip and just do it, it boils down to taking action. You can make all your strategies, plans, and hypotheses, but if you don't take action, nothing happens. Occasionally, I get readers and clients who keep complaining about their situation, but they still refuse to take action at the end of the day. Reality Check: I haven't heard anyone put off the road to success before and I think it will change in the near future. Whatever you're procrastinating for, if you want to get it done, you need to figure yourself out and do it. Bonus: Think like RhinoMore tips for procrastination to start taking action - Maltesida Magazine via unsplash.com, find resources on exams and learning habits, regardless of what stage you or your child is at school, gain insight into the entrance process, address roommates, manage workloads, Provides guidance for finding new extracurricular activities. Have you received an offer to bail out a student loan? Is there a problem with paying student loan debt? The offer may seem to come from the government. And they may first tell you that. If you have a federal student loan, please read this a few months ago (Blog Post), coronavirus assistance, relief, economic security (CARES) law gave federal student loan borrowers flexibility. Understanding these options will help you make more informed decisions about payments. BigWinning a Student Loan Debt Relief Company (blog post) Just a year ago, we talked about an incident that the FTC filed against a student loan debt relief company. The FTC claimed to be the operator of Mission Hills Federation, Federal Direct Group, National Security Processing and Student Loan Group. COVID-19 scam targeting college students (blog post) Hey college students: Even though you're likely to be far away from campus, scammers are still trying to find you. Maybe you or your friends are receiving emails claiming to come from the Finance Department of your university. E-mail me to you. Do you have any student loan debt? (Blog post) You've seen corporate ads that help you reduce or completely remove student loan debt. Some of these companies have promises they can't keep. The FTC recently bed with SLACs, Nabloan, and . we have filed a lawsuit against FTC reconciliation against the University of Phoenix (blog post) Most people go to college to get a degree and get a good job. So when a university or university claims to have a relationship with a famous employer, it might convince you to attend. But... The FTC sues student loan debt relief companies (blog post) student loan debt can be a heavy load to carry. As a result, many companies claim to permanently reduce and wipe out federal student loan liabilities. But some of these companies don't offer what they promised - if you sign up they... Don't pay student loan assistance (blog post) If you have student loan debt, a program that promises to reduce or erase it may sound like what you need. But some of these programs take a lot of your money and give you help - or you just do summer movie series: avoid student loan debt (blog post) The features of today's summer movie series are about something that many recent graduates may be trying to put out of their minds this summer: student loans. I know first-to-first-page the anxiety associated with taking out students. Page 2 FTC Closes Student Loan Debt Relief Scheme (blog post) It's a phenomenal number. More than 42 million Americans have a total of nearly USD 1.5 trillion in student loan debt. It's no wonder that people ask for help. But all the help is not legal. Scammers are targeting borrowers with student loan debt relief. Fake promises do not provide a sigh of relief (debt) (blog post) offer of reduced monthly payments to your student loan - or full forgiveness - you may want to sign up. But unfortunately, some of these programs will cost you hundreds or thousands of dollars. Student Loan Debt Relief Customers: Take two steps (blog post) Do you have a student loan? The FTC sued Ameltec for fraudulent practices and sent letters about the incident to just thousands of customers. The court doesn't have. The FTC continues to crack Student Loan Scams (blog post) Many of us have student loans - and some of us are having a hard time paying them every month. Some companies claim to solve that problem by saying it can help you pay faster and cheaper or get it completely forgiven. Please note - some student loan debt relief scam infographics (articles) student loans (articles) school payments can be a big business. You can save thousands of dollars by understanding the difference between federal and private loans and the integration and repayment options. Some companies promise to help reduce student loans. FAFSA® Student Aid Submission begins on October 1, (blog post) If you are a high school or university student, or their parent, it is almost time for the 2018-19 Free Application for Federal Student Assistance (FAFSA®) form to be available on October 1, 2017. Complete the FAFSA form is free and it gives. What we've heard: when you want to know what's going on in the military consumer financial issues (blog post) group, you go directly to the source, right? That's exactly what the FTC did when it held a military consumer finance workshop last week in San Antonio, Texas. The purpose of the day was to take a look.page 3 FTC School Student Loan Debt Recoverer (blog post) If you default on a federal student loan, you may be contacted by a debt collection company. Debt collectors must obey the law when trying to find a person who owes money. One student loan debt collector - GC Services, LP - Could not follow. The FTC helps teach teachers about financial literacy (blog post) The FTC provides free materials to help people understand money issues. So we are ready when teachers across the country meet every year to improve their financial literacy and improve their ability to teach personal finance at school. The closure of ITT technology - the next step (blog post) Are you a former ITT Tech student trying to plan your next step? Thousands of former students have questions about the status of student loans and the future of education. Let's think about what to do next... Is there a lot of student debt in the FTC's student debt relief system (blog post)? Scammers know that people are suffering from debt. They are targeting borrowers with fake student loan debt relief schemes that could make things worse. Today, Federal student tax? (Blog post) Scammers pretending to be IRS agents are trying to trick college students into paying a federal student tax (a tax that doesn't exist). Many college students have told the FTC that the call is doing something like: so-called debt relief/you feel on your head with mortgages or student loans (blog post) debt, the company's promise to reduce mortgage and student loan payments may seem like a lifeline. Unfortunately, rogue companies that promise debt relief can exacerbate the bad situation. Today, FTC. Page 4 Card Cracking: It's not cracked (blog post) Scams are called card cracking and it may start innocently enough. On the social media site, you'll see a post announcing the contest. Or, a web page claiming to have a celebrity affiliation may be providing a gift card gift. Variations.Learned lessons (blog post) Getting professional certification or getting a degree will help you move your career to the next level. But some for-profit schools promise far more than they can offer and leave you on the hook to pay for schooling but are not eligible to do so. The FTC helps teach teachers about financial literacy (blog post) The FTC provides free materials to help people understand money issues. So when teachers across the country meet every year to improve their financial literacy and improve their ability to teach personal finance at school, we are ready. Today, the FTC announced lawsuits against several companies that sold fake high school diplomas online. Companies claimed that you can financial educators (feature information) money issues! Consumer information from the FTC is in the public domain for free. This means you are free to print, copy, post, and link. Share our resources Choosing a vocational school (article) vocational school (also known as a trade school or career school) is a great way to train for various jobs. However, not all of these schools have a good reputation. The school you want to attend, its training program, its ... College Degree Scams (Articles) Looking to improve your chances of hiring or promotion? Many online schools and distance learning programs are legitimate, but there are several.

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