

MOMENTS THAT CAN INTENSIFY

PROCRASTINATION



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

The task feels boring

2

**The deadline is not urgent
yet**

3

Perfection feels required

4

Reward is too far away

5

Unclear instructions

6

**Starting brings
uncomfortable feelings**

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER