

Motivation Imagery for Dealing with Procrastination

Think about a task or assignment you have been putting off or avoiding for some time.

Using the table below:

1. Think about the benefits of *not doing it* and avoiding it indefinitely. In thinking about not doing it what impact is this likely to have on you? Will you regret not completing it? How is this likely to make you feel? How will fellow students/lecturer react?
2. Then think about the benefits *doing it*. Imagine doing the task/assignment. How would completing it affect your module/grades? How would you feel on completing it? Could it give you more confidence for doing the next piece of work?
3. If you decide it makes more sense to get on with the task/assignment, then put together an action plan of *how* and *when* you are going to begin. Consider how you are going to do it now. For example: timetable it into your daily routine, set aside specific time to start, do some research on topic or talk to lecturer get more information.

WHAT'S THE TASK?	
WHAT IF I DON'T DO IT?	
WHAT IF I DO IT?	
HOW AM I GOING TO DO IT?	

PLEASE NOTE: *Order of the exercise must stay the same, beginning with imagining that you do not complete the work, followed by imagining that the work has been done. Only then can it aid your motivation to get carry out task.*