

# How to fight the procrastination

Some helpful tips



# 1. Have no spare time



## 2. Cut back your network and TV time



### 3. Imagine the most horrific results



## 4. The rule 45/15



# To sum up:

1. Just have no spare time to procrastinate;
2. Cut back your network and TV time and try to use it in a right way;
3. Imagine the horrific results of the procrastinating;
4. Panic!
5. WORK AS NEVER BEFORE!!!

Thank you for your attention!

And wish you luck in losing  
fight with procrastination  
=)