

How to fight the procrastination

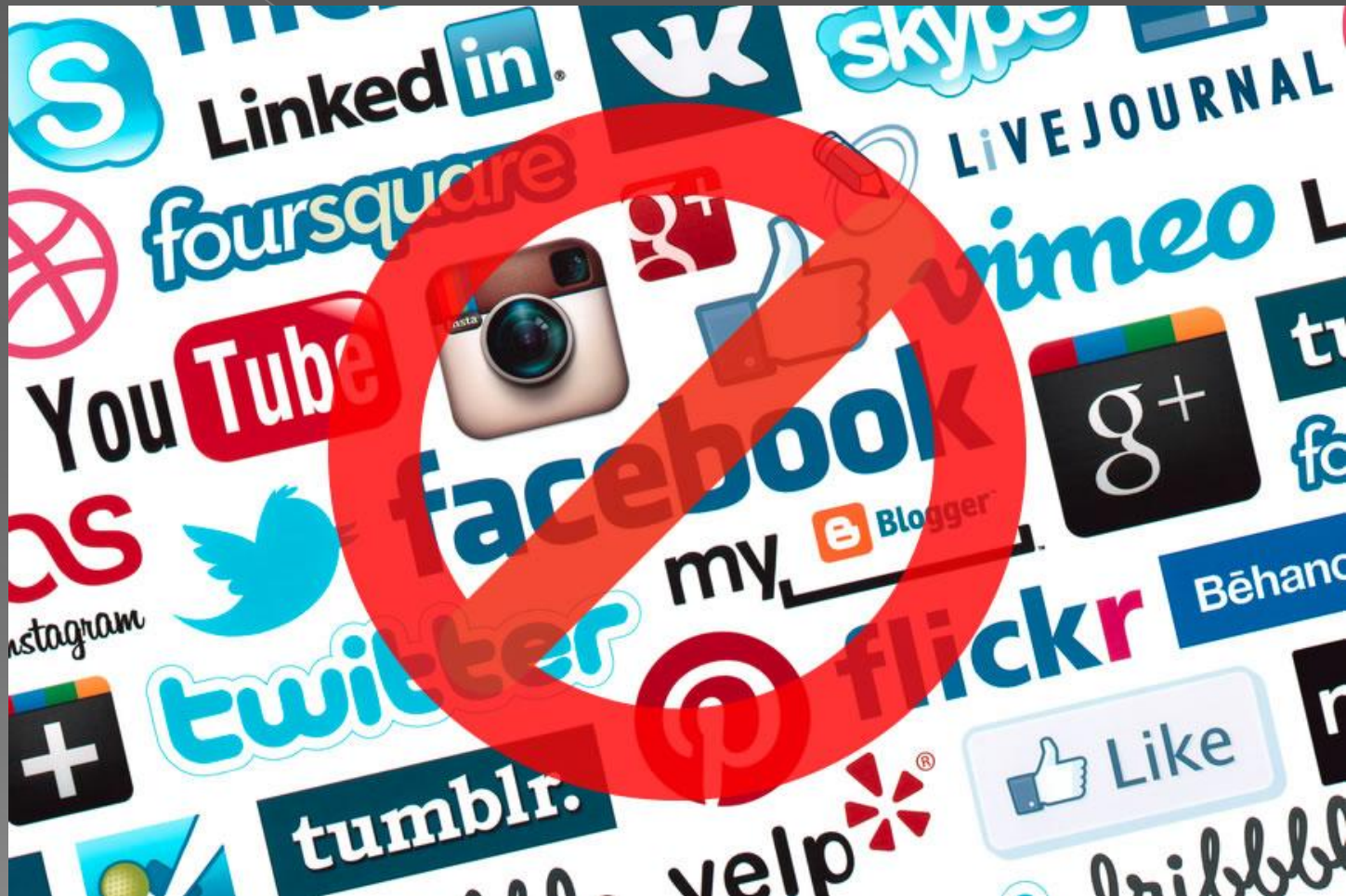
Some helpful tips



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
=)