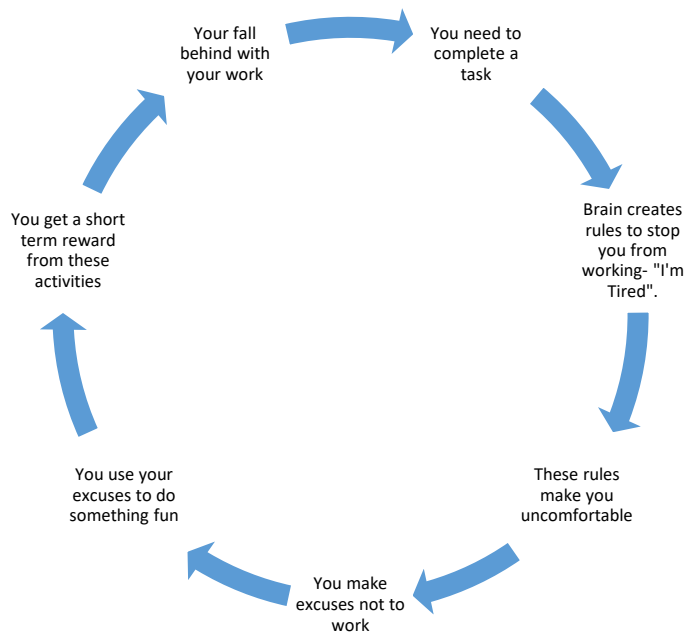


## Growth mindsets and procrastination

Changing your mindset from a fixed to a growth mindset can make a positive difference to your productivity.

Fixed mindset	Growth mindset
You believe your qualities are fixed. You give up easily, avoid challenges, and feel threatened by others.	You believe you can do anything with hard work. You embrace challenges, persevere, and are inspired by others.

### The procrastination cycle



### Tips to break the cycle:

- Recognise your patterns of procrastination
- Challenge those unhelpful thoughts
- Think about how to be more positive
- Create a strategy to help you work
- Make a list of all the things you need to do
- Break the task down into manageable chunks.
- Prioritise your tasks
- Overestimate how long each task will take
- Start with small things
- Do your work in 45 minute chunks
- Tick things off once they are completed
- Start by just doing 15 minutes