

List of incentives, solutions or motivators to help you overcome procrastination.

✓ Reward yourself	✓ Read something funny
✓ Avoid doom and gloom	✓ Laugh
✓ Take a nap	✓ Don't worry – be happy
✓ Take a break	✓ Think about your achievements
✓ Take a walk	✓ Eliminate distractions
✓ Breathe	✓ Talk to a friend
✓ Clear the clutter	✓ Get Passionate
✓ Push yourself harder	✓ Simplify
✓ Visualize the end result	✓ Be determined
✓ Stretch	✓ Focus on one thing at a time
✓ Dance	✓ Find a mentor
✓ Make a “to-do” list	✓ Research
✓ Surround yourself with inspiration	✓ Ask for help
✓ Get up early	✓ Get excited
✓ Spend time in nature	✓ Make it relevant
✓ Stay up late	✓ Make a decision
✓ Love yourself	✓ Share your stories
✓ Trust your instincts	✓ Be kind
✓ Push yourself	