

Best ways to avoid procrastination – Transcript

How do you avoid procrastination?

Niya: I guess it's just always trying to be aware of when you're procrastinating and when you may procrastinate, because procrastination is really weird in a sense that it kind of creeps up on you.

You could isolate yourself in your room, set everything aside, then all of a sudden you're on Facebook and you don't even notice.

So it's trying to be aware of when you are working and when you're not.

Megan: I work better around other people because it motivates me because to see other people working so I want to work. So if I was in a library I wouldn't put on Netflix on my laptop because everyone else is working. So that for me is probably the best method for working – not being alone.

Emily: I slide my phone under my bed if I'm working at home. Otherwise if it's on the desk - it's easy. I think that's just the modern world we live in. There's a lot of distractions, so it's just being really strict with yourself. Then you've got all the time in the world to be on the phone or whatever afterwards.

Holly: I find it quite easy to work in cafes as well, you sort have the pressure: 'oh no, they need this table' or there's people waiting, 'I can't sit here because they think I need to buy something else', so you're like 'I need to do this and then go'. It's like a little time sensitive deadline.

Natasha: Playing music really helps, just zoning out with headphones on. Obviously like you said, work space is really good, just make sure you don't sit on your bed while you're doing it. Shove in your headphones, put on some really good music, motivating music, and then start.