



Procrastination – Super Action self-talk

Procrastination develops from a loop of negative and self-defeating talk. This activity will guide you through shifting the negative dialogue of procrastination to Action focused self-talk. In a way it is a similar activity to the Challenging Negative Thoughts Activity.

Read the following examples of action shifts and add two of your own

I don't know where to start	I will divide the question(s) into small chunks and work on one chunk at a time
I don't know how to do it	I will look up the information in Revision Guide and google the key words, watch YouTube tutorials to see how they explain it. I am bound to get it
I will wait until I can ask the teacher in class	I can try to work out some if it now and then I will have better questions to ask
I am not in a mood to do it now	Do it now! Just do it!
There is still time, I can do it later	Time has a way of running out quickly, so get it done now!
There is too much to do!	Take one step at a time. Things take time to get done
I feel bad but I still want to put the revision off	If I can do even a little bit of work on this now I will feel much better
I prefer doing my favourite subject first. I can always do maths later	Once I get into my maths, it will begin to make more sense and will be more fun
(Your own)	(Your own)
(Your own)	(Your own)

So get maths done now! This is the Golden Rule for success not just n maths but in every job or career. Employers love do it now candidates! They can spot that attitude and you can use your exam tackling skills as an example in your interviews.