

# HOW TO STOP BEING LAZY

Step by Step Guide to get you back on track



## Break Work into Small tasks

Break your work into small achievable tasks and celebrate those minor achievements it will motivate you to keep going

01

## Plan a Schedule

Establishing a routine or schedule can help you stay on track and avoid procrastination. Set aside time for specific tasks and prioritize them based on their importance.

02



## Avoid Distractions

Identify any distractions that might be contributing to your laziness, such as your phone and remove it from your sight. Put them in another room or activate do not disturb



03

## Remind Yourself the Reward

Remind Yourself the reward you'll get from it like Good Grades, or Portfolio project that will help you land a high income job or personal satisfaction

04



# Stop Being Sluggish Stop Being Lazy

**JL Elias**



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