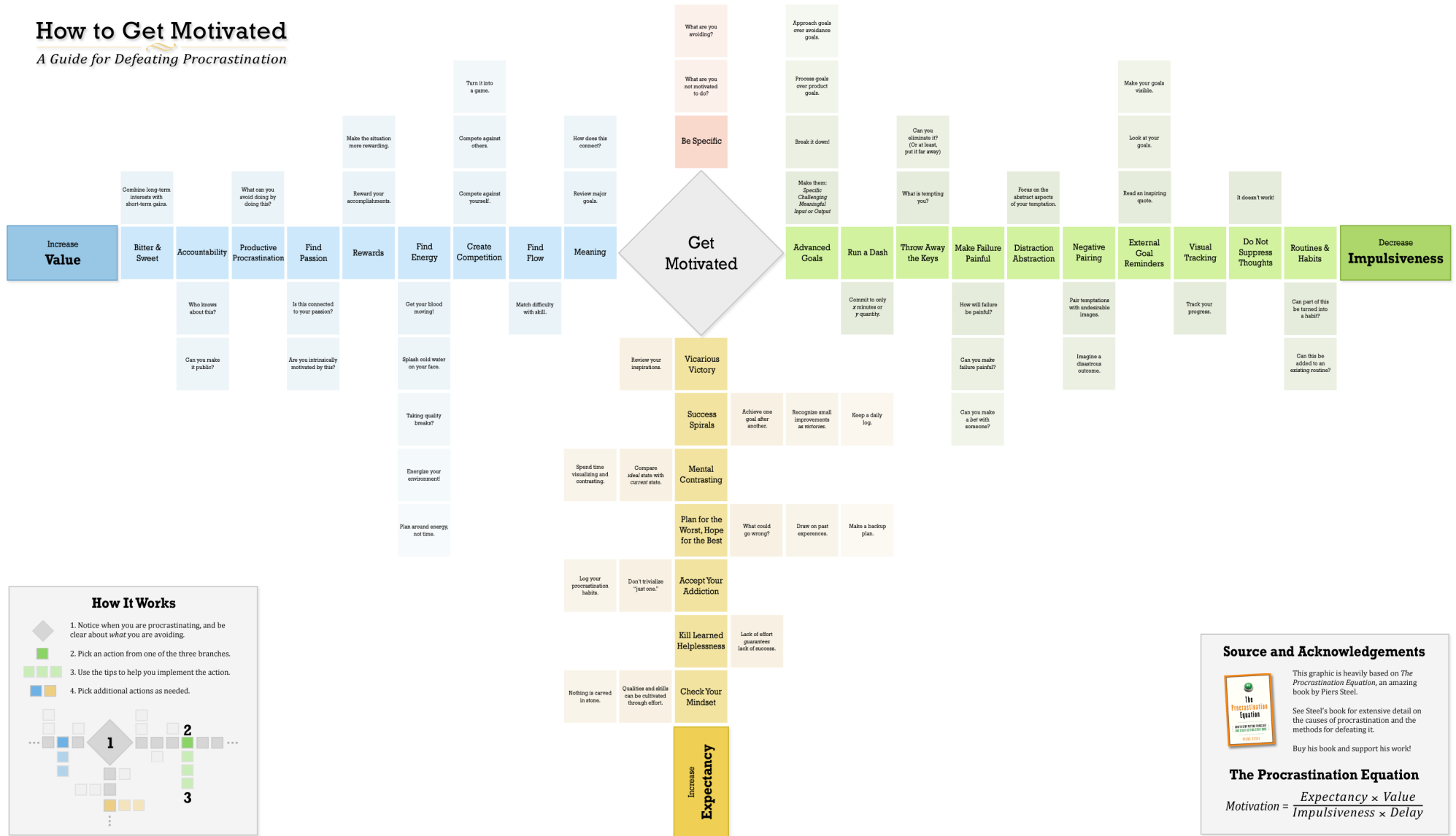


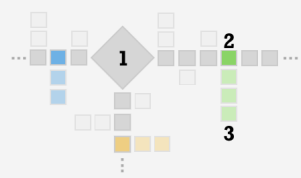
# How to Get Motivated

A Guide for Defeating Procrastination

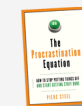


## How It Works

1. Notice when you are procrastinating, and be clear about *what* you are avoiding.
2. Pick an action from one of the three branches.
3. Use the tips to help you implement the action.
4. Pick additional actions as needed.



## Source and Acknowledgements



This graphic is heavily based on *The Procrastination Equation*, an amazing book by Piers Steel.

See Steel's book for extensive detail on the causes of procrastination and the methods for defeating it.

Buy his book and support his work!

## The Procrastination Equation

$$\text{Motivation} = \frac{\text{Expectancy} \times \text{Value}}{\text{Impulsiveness} \times \text{Delay}}$$