

o Integrate mindfulness techniques to enhance discipline and consistency

Minimizing Distractions: . 1

Employing digital detox strategies, such as website blockers and silent mode on mobile devices.

Importance of Resolution: Overcoming procrastination will enhance time management, improve academic performance, and reduce stress, ultimately contributing to personal and professional success.

Lessons Learned

o Successful Strategies: Time blocking improved task prioritization, while the Pomodoro Technique enhanced concentration.

Problem Definition

o Problem Statement: Procrastination significantly affects my ability to complete assignments and study efficiently, leading to missed deadlines and increased stress.

Educational Resources: Online courses and expert insights from platforms such as Coursera, Khan Academy, and TED Talks.

o Stakeholders Impacted: Primarily myself, as it affects my academic progress, productivity, and future career prospects.

Professional and Peer Advice: Insights from professors, mentors, and peers who have successfully managed procrastination.

o Challenges Faced: Initial difficulty in maintaining strict adherence to the schedule due to distractions.

o Areas for Improvement:

o Implement stricter measures to eliminate distractions.

Academic Literature: Research .papers and psychological studies on procrastination and productivity.

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