

1.o Integrate mindfulness techniques to enhance discipline and consistencyMinimizing Distractions:
Employing digital detox strategies, such as website blockers and silent mode on mobile devices.o
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.2.2.3.3.2.3.4.5.4.5.