Understanding Procrastination

'' #\$%!&'!()*+)\$'%&,\$%&*,-! !

!

Overcoming Procrastination

! ''#\$!%#!\$&!#'&()#*&!+(#)(,-./0,./#01!

!

23!4&)#50/6&!\$7&.7&(!.,-8!9&/05!,'#/%&%!/-!:0+;&,-,0.!#(!%/<</):;.=