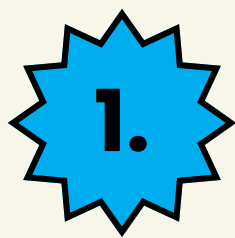


# Ask yourself these questions if you procrastinate!



## 1. Am I afraid of failure?

Breaking the task into tiny micro-steps to build momentum may help you get the jump start you need! Start small to work through your fear. Remember past successes!



## 2. Am I overwhelmed?

Work on setting priorities, and seek resources to help you with overwhelm. You're not alone and getting the support you need can help you through overwhelm.



## 3. Do I lack clarity?

If you're not sure why the task is important or what you'll get out of it, getting started can be difficult. Reflect with a peer, your instructor, or tutor to gain clarity and get going.



## 4. Am I resistant?

Sometimes subconscious feelings can keep you from starting or completing a task. Explore your beliefs, thoughts, and feelings to uncover what's up!

## Use Your Resources

Remind yourself that you are not alone! Get help when you need it, including:

- Accommodations
- Peer Mentoring
- Instructor Office Hours
- Tutoring
- Counseling
- Trusted Support Person

## Believe in Yourself

It can be helpful to remind yourself of past successes, big and small. Remember to have a growth mindset, too! With self-reflection, support, hard work, and determination, you can do this, and can achieve your goals.

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