This will help you to identify tasks that you think may trigger procrastination. Use the tree to identify strategies to help you to get the work done.

**Why might you procrastinate about this task?**

- The deadline is so far away that I really don't need to begin yet
- Look at the task in detail - perhaps you need all of the time ahead to complete the work
- Check what other deadlines/work need to be done during this time
- Prioritise those tasks and plan them into your schedule

- I think it's going to be difficult
- Which specific aspects are worrying you? - Name them
- Identify the most appropriate person to ask for help and contact them
- Once your questions have been addressed, it should be easier to do the task!

- It's going to be boring
- How can you make the task more attractive? e.g. looking for an interview with a key thinker before trying to tackle reading their in-depth research findings
- Choose a strategy, and use this as a way to warm up to the big task