

Some days, it can feel like the most challenging part of getting the work done is starting the work. It's easy to think, "I need to clean this room first," or, "I'm pretty tired. I'll take a look at this tomorrow."

Then, once we try to focus on one task, it feels like everything else we aren't doing is calling to us, begging for just a little attention.

Check out these resources to help you focus up and stop procrastination in its tracks.



Streaks

Helps you build good habits by rewarding you for consistency in completing tasks and avoiding bad ones.



Cold Turkey

A website blocker that prevents access to distracting sites during study time.



Trello

A project management tool where you can break down tasks into smaller, manageable cards, and organize them on boards.



Pomofocus

A Pomodoro technique website that helps you manage tasks with timed focus sessions.



Habitica

A habit-building app that turns your tasks into a role-playing game where you earn rewards for completing them.



Beeminder

Allows you to set goals and rewards, and it tracks your progress, keeping you accountable.



Helpful Tip!

Reflect on why you're procrastinating. You may feel distracted or anxious, or maybe you did at one time and now you've created a habit. Be honest with yourself, set a schedule, and stick to it.