



P R O C R A S T I N A T I O N

The Carrot & Stick Approach

When a project founders, you may need some extra motivation to break free from that “stuck place” and complete the work. Sometimes it takes both a “carrot” (goal) and a “stick” (motivator) to overcome procrastination and get the job done.

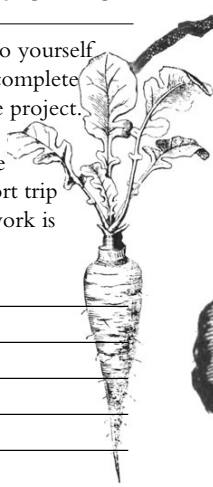
Look over the following lists of “carrots” and “sticks” and add some of your own. Choose your favorites and put them to work for you:

C A R R O T S

• Small gifts to yourself when you complete stages of the project.

• Taking time off for a short trip when the work is done.

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S T I C K S

• Firm deadlines.

• Making regular progress reports to someone else.

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For most people, rewards work better than penalties. For others, only the motivation of unpleasant consequences if the work is not done will do the trick. What works best for you?