



B P H : A G R

finishing your term

DE IGN Q REN IRONMEN



G C = I IBLE
B C = IN I IBLE



Seeing a textbook cues reading. Seeing a TV cues Netflix.



.Sit with your back to the TV

.Mute social media notifications.

arrange your environment so the good cues are visible.



Seeing these will remind you of the tasks you need to complete.



Sitting at a table, leaning slightly forward over your work is one of the more focused positions to get work done.



rearrange furniture to optimize productivity



This will help create a more motivating and supportive environment conducive to productivity.

BEING PROCRASTINATOR



BUILD A ROUTINE



1. HEN
2. HA

HEN

J
W schedule.

specific, concrete work periods



small.

more likely to work well for an hour than six hours.



J breaks

HA

HA

- smaller a task is, the easier it is

You do not have to complete an entire reading in one sitting. Break it up into sections.

Make lists

prioritize

HEN HA

1: I

2: H

1.1

HA

I BEHA IQ R TIME LOCATION

HA

I 2:00

2. H

HA

A C RREN BAH IQ R, I NE BEHA IQ R,

HA

CREATING AN ANTI-GRATIFICATION



rewards of homework are long-term



ways we can create instant gratification when it comes to our



CONCLUSION BE KIND TO YOURSELF

