

## Procrastination

**You're not lazy—you're probably overwhelmed, anxious or unsure where to start.** These resources help you understand why you put things off and offer strategies to get back on track without self-blame.

### Information Guides

#### [Why Procrastinators Procrastinate](#)

An honest look at the emotional reasons behind procrastination and how to be kinder to yourself while moving forward.

#### [How to Beat Procrastination](#)

Practical tips to help you stop the cycle of putting things off and start building momentum with small, doable actions.

#### [Procrastination Matrix](#)

A visual tool to help you understand how you spend your time and how to prioritize what really matters.