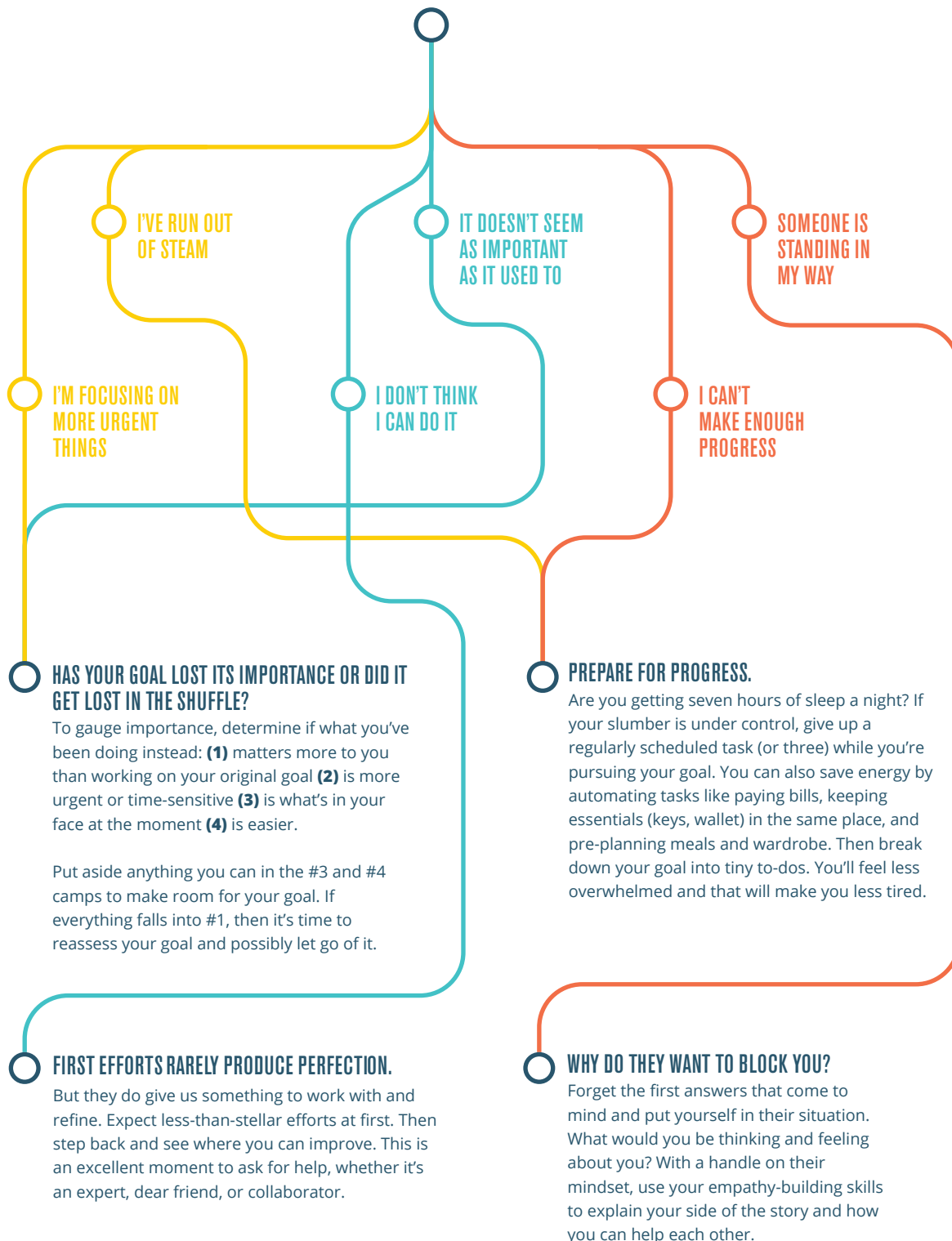


# STALLED ON YOUR GOAL?

## 10 TIPS TO GET GOING AGAIN FROM UNSTUCK

### I'M NOT MAKING PROGRESS BECAUSE...



## POINTERS FROM SCIENCE

When we track how far we have to go, the brain increases attention, willpower, effort, and information processing to close the gap. <sup>1</sup>

Natural risk-takers are motivated by praise, while risk-avoiders are motivated by criticism. Whichever you are, use what works best for you. <sup>2</sup>

Willpower is a finite resource. Pacing yourself and time-boxing your efforts will lead to steadier results. <sup>3</sup>

Those who rely on talents rather than hard work give up more easily when facing a new challenge. Even brilliant people need to buckle down sometimes. <sup>4</sup>

Procrastination is triggered by the brain's limbic system, which automatically avoids the unpleasant. Overpowering that takes effort by the prefrontal cortex, the brain's conscious decision-maker. <sup>5</sup>

Despite the desire for pleasure, "procrastinators end up suffering more and performing worse than other people." <sup>6</sup>

### Sources

<sup>1</sup> "Dynamics of self-regulation: How (un)accomplished goal actions affect motivation," by Minjung Koo and Ayelet Fishbach, *Journal of Personality and Social Psychology*, Feb. 2008.

<sup>2</sup> *Succeed: How we can reach our goals*, by Heidi Grant Halvorson, Hudson Street Press, 2010.

<sup>3</sup> "The Science Behind Motivation," by Sujian Patel, *Forbes*, Jan. 9, 2015.

<sup>4</sup> Carol S. Dweck, a psychologist at Stanford University, cited in *Scientific American*, November 1, 2012.

<sup>5</sup> *The Procrastinator's Digest: A Concise Guide to Solving the Procrastination Puzzle*, by Timothy A. Pynch, Ph.D., Xlibris, Corp., 2010.

<sup>6</sup> Association for Psychological Study (APS) Fellow Dianne Tice, who conducted a study with APS William James Fellow Roy Baumeister in 1997 at Case Western Reserve University on the outcome of procrastination on students.