

active minds

One Step, Big Change

Beat Procrastination By Starting Small

Procrastination can feel overwhelming, but the key is to simply start. One step—like writing a sentence, studying one flashcard, or spending just five minutes—can create momentum that makes the next step easier. This resource will help you break big projects into smaller, manageable parts, use tools like timers or checklists for accountability, and celebrate progress along the way. With practice, you'll reduce stress, stay organized, and achieve stronger results.

Small Steps, Big Wins

You don't have to change your whole life right now—just take the next step. That could mean turning on your computer, writing one sentence, or reviewing one flashcard. These small wins trick your brain into feeling productive, making it easier to get back into the flow. Procrastination often comes from perfectionism, fear of failure, or feeling overwhelmed by the big picture. Instead of waiting for inspiration, create it by breaking tasks into smaller, attainable goals. Celebrate progress, no matter how small. Tools like the Pomodoro timer, daily to-do lists, and accountability partners can help keep you motivated and on track. Remember, success doesn't come all at once—it's built through consistent, steady effort. Start now, and those small steps will add up to big results.

You're Not Alone

Every student gets into the state where they feel that they can't escape the situation that they're in, but with small yet huge progress milestones they can reach their goals.



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**YOUR VOICE
IS YOUR POWER.**

This resource was created for the **Your Voice is Your Power** resource hub. A collection of mental health resources for youth and young adults who are looking to begin or grow as a mental health leader.