My goal: My goal was to stop procrastinating. I wanted to be able to start my work the day I got it instead of waiting until the last minute to cram it together. This project showed me that I can stop procrastinating and helped me a lot. Below, I have 3 pieces of evidence, three concepts/readings from class that connect, and an outline of how I broke down my goal into smaller chunks.

1. 3 pieces of evidence:
   1. Two pages of notes
      
      ![Two pages of notes]

   2. A time log analysis+questions
      
      ![A time log analysis+questions]
2. 3 concepts/readings from class that connect to my project and my goal:

1. The first reading from class that connected to my project was the article called “Why You Procrastinate”. This article helped me because it really showed me exactly why I procrastinate. I learned that it wasn't because of self-control, but, in short, because of bad moods. It talks about how the immediate relief you feel when you procrastinate is why you continue to do it. Once you feel relieved, you feel stressed because you aren’t doing what you are supposed to, making you just procrastinate more and more. This opened me eyes and made me realize that the more I put something off, the more I will do it again and again. I learned many ways to cope with procrastination and the article gives many great recommendations of how to stop the cycle. This connects to my project because it helped me realize why I have this problem and how to fix it.

2. Another concept from class that really helped me was spacing. Starting to do a little every day and build on that was something I struggled with. My goal for this project was to stop waiting until the night before to study or complete a task, and this spacing concept really helped me see the benefits of doing so. The “Spaced Practice” pdf on canvas really showed me exactly how to space and tricks and tips to do so. This really helped me learn how to space correctly and really improved my memorization and getting my things done.

3. Another article from class that helped me was called “15 Common Cognitive Distortions” The cognitive distortion that I really learned from was Polarized Thinking (or “Black and White” Thinking). Polarized thinking is basically thinking that thinks are one way or another, but no in-between. It's either black or white but no shades of grey. This article showed me that I think like this because I either see my assignments as “I have an exact idea of what I want to do” or “I have no idea”. It connects to my project because when I have no idea, I avoid the task because I don’t have exactly what I want to do in my head. This leads to me procrastinating more and more. Realizing I thought like this really helped me reshape my thoughts and led to me not procrastinating as much.

3. Outline:

At first, my goal felt very large, scary, and something that I may not be able to accomplish. After I broke down my goal into smaller chunks, it felt way more achievable. Doing
mini steps to get to my end goal made it way easier. First, I filed out the weekly log. This opened my eyes to how much time I was wasting on unimportant things (such as social media and Netflix). I realized that if I stopped doing this, I would have way more free time to get my tasks done. As I cut my phone time little by little, I had more time to start doing school work. As time went on, I started reaching for my school work before even checking my phone. I also started changing how I thought. When I would think “Black and White” I would repeat to myself that it was okay if I didn’t know exactly what I was doing, but that I should start anyways. Another way I cut it into chunks was to start setting aside time for my school work. I made 3 hours a day my specific homework times and made sure I followed it. Turns out, the more I did this, the more I went over that 3 hours just to get ahead. Overall, breaking down my goal made completely the task way easier and much less intimidating.