

# Day 8 - Problem Solving Assignment

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## **1. Bad outcome: My schoolwork is always submitted late.**

1. Why: I don't finish my homework on time.
2. Why: I do it the day before.
3. Why: I keep it delayed until the day before it's due.
4. Why: I procrastinated. I felt safe delaying the work until the last second.
5. Why: I preferred useless tasks over my work.
6. Why: I failed to realise the importance of my work and scheduling my time.

## **2. Thus: I now realise that the schoolwork I do is directly correlated to my satisfaction because if that goes well then my parents will think everything is fine, which will allow me to continue working on copywriting and thus make money.**

## **3. Things to look out for:**

1. False promise that I'll do it the day it's set.
  1. Prevent distractions
    1. Ensure time-wasting apps are disabled on my phone.
    2. Ensure notifications are set up so that they don't disturb you.

## **4. Actionable steps:**

1. While reviewing tomorrow's checklist, open up Google Calendar.

2. Go to one homework event.
3. Predict what tomorrow's homework will be for that subject.
4. Give it a specific timeframe to do it in. (Preferably during college)
5. Repeat this for other homework or tasks you will get to do.