

BE WISE LIKE AN ANT



PROVERBS 6

- **The Dangers of Being Lazy**
- 6 You lazy people, you should watch what the ants do and learn from them.
- 7 Ants have no ruler, no boss, and no leader.
- 8 But in the summer, ants gather all of their food and save it. So when winter comes, there is plenty to eat.

INITIATIVE

- The power or opportunity to act or take charge before others do.
- Begin to do things independently.

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PROCRASTINATION

Procrastination is the act of delaying or putting off tasks until the last minute or even past your deadlines.

WHAT CAUSES PROCRASTINATION ?

- We tell ourselves that projects/tasks won't take as long to finish so we underestimate the time to complete.
- Other times we overestimate the amount of time we have.

In both these cases we tell ourselves we have plenty of time to complete the tasks.

WHAT CAUSES PROCRASTINATION ?

- We think we have to feel inspired or motivated to work on a task at a particular moment.

The truth is if we keep waiting for the right “mood” or state of mind, we will realize that the right time probably simply does not come along.

WHAT CAUSES PROCRASTINATION ?

- Not knowing what needs to be done.
- Not knowing how to do something.
- Need time to think about a task/project.

This leaves us feeling overwhelmed.

WHAT CAUSES PROCRASTINATION ?

- Believing that you work better under pressure.

NEGATIVE EFFECTS OF PROCRASTINATION

- High levels of Stress
- Affects Social Relationships
- Affects your grades negatively.

HOW DO I STOP PROCRASTINATING ?

- **Make a to-do list:**

To help keep you on track, consider placing a due date next to each item.

- **Take baby steps:**

Break down the items on your list into small, manageable steps so that your tasks don't seem so overwhelming.

HOW DO I STOP PROCRASTINATING ?

- **Eliminate distraction:** Ask yourself what pulls your attention away the most—whether it's Instagram, Facebook, Whatsapp updates,—and turn off those sources of distraction.
- **Pat yourself on the back:** When you finish an item on your to-do list on time, congratulate yourself and reward yourself by indulging in something you find fun.

HOW DO I STOP PROCRASTINATING ?

- **Recognize the warning signs:**

Pay attention to any thoughts of procrastination and do your best to resist the urge.

If you begin to think about procrastinating, force yourself to spend a few minutes working on your task.

PROVERBS 6

- 9 You lazy people, how long are you going to lie there? When will you get up?
- 10 You say, “I need a rest. I think I’ll take a short nap.”
- 11 But then you sleep and sleep and become poorer and poorer. Soon you will have nothing. It will be as if a thief came and stole everything you owned.

RESTFUL BREAKS

- Stretching and Light Movement
- Listening to calming or favourite music (without lyrics if you need to focus) can provide mental relaxation and elevate mood.
- Nature Break:

Spending a few minutes outside in fresh air or sitting by a window and observing nature can be incredibly refreshing.

RESTFUL BREAKS

- Hydration or Snack Break:

Drinking water and eating a healthy snack (like fruits, nuts, or yogurt) will help boost energy and concentration.

Creative Activities

- Engage in a short creative activity such as doodling, journaling, or colouring, which can stimulate different areas of the brain while providing mental rest.

RESTFUL BREAKS

- Reading Something Light

Reading something enjoyable but unrelated to your studies (like a short story or article) can offer a mental shift and keep your mind engaged but relaxed.

Breathing Exercises or Meditation on God

- Deep breathing or a quick meditation session (5-10 minutes) can reduce stress, enhance focus, and promote relaxation.

PRAYER

Dear Lord,

We are sorry that sometimes we can be lazy.

We tend to procrastinate on things that need to be done, but God

We want to be known for our work ethic and finishing what we start.

You have big plans for us Lord so we ask for your help and your grace to do what you called us to do.

In Jesus name Amen.

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