

7 WAYS TO BUILD BETTER FOLLOW-THROUGH SKILLS

1) Develop robust systems and routines at home, work, school, and all other aspects of life.

2) Limit and avoid distractions and procrastination.



3) Set goals to become more self-motivated and self-disciplined.

4) Increase communication.



5) Become highly organized using lists, planners, calendars, etc.

6) Have an accountability partner.



7) Break large tasks into smaller, doable parts and gamify undesirable activities.