



# Slice and Dice the Task

## Why You Procrastinate

A major reason for procrastinating on big, important tasks is that they appear so large and formidable when you first approach them. One technique that you can use to cut a big task down to size is the "Salami slice" method of getting work done. With this method, you lay out the task in detail and then resolve to do just one slice of the job for the time being, like eating a roll of salami, one slice at a time. Or like eating one piece of a frog at a time.

## Do One Small Part to Start

Psychologically, you will find it easier to do a single, small piece of a large project than to start on the whole job. Often, once you have started and completed a single part of the job, you will feel like doing just one more "slice." Soon, you will find yourself working through the job one part at a time, and before you know it, the job will be completed.

## Just Get Started

Once you start working, you develop a sense of forward momentum and a feeling of accomplishment. You become energized and excited. You feel internally motivated and propelled to keep going until the task is complete.