

the procrastination cure

the procrastination cure is a sought-after solution for anyone struggling to get things done and improve productivity. In this comprehensive article, you'll discover proven strategies, scientific insights, and actionable tips to beat procrastination once and for all. We'll explore what causes procrastination, its impact on your daily life, and evidence-based methods for overcoming it. You'll learn about psychological techniques, time management methods, and habit formation tools that make the procrastination cure both practical and sustainable. Whether you're a student, professional, or entrepreneur, the guidance in this article will empower you to reclaim your focus and achieve your goals. By understanding the roots of procrastination and applying the right remedies, you can transform your approach to work and life. Read on for an organized, easy-to-follow blueprint for the procrastination cure.

- Understanding Procrastination: The Foundation of the Cure
- Identifying the Root Causes of Procrastination
- Psychological Strategies for the Procrastination Cure
- Time Management Techniques that Defeat Procrastination
- Building Productive Habits: The Long-Term Cure
- Practical Tips to Implement the Procrastination Cure
- Frequently Asked Questions About Curing Procrastination

Understanding Procrastination: The Foundation of the Cure

Procrastination is not simply a matter of poor time management. It is a complex behavioral pattern that affects millions of people, regardless of age or profession. Understanding procrastination is the first step towards finding the procrastination cure. Psychologists define procrastination as the voluntary delay of important tasks, often accompanied by feelings of guilt, stress, and reduced productivity. The procrastination cure begins by recognizing that this behavior can be changed with the right mindset and strategies. Research shows that procrastination is deeply connected to emotional regulation, fear of failure, and perfectionism. By gaining awareness of what drives procrastination, individuals can implement effective solutions and start their journey towards lasting change.

Identifying the Root Causes of Procrastination

Emotional Triggers and Avoidance

Many people procrastinate due to emotional discomfort linked to tasks. The desire to avoid stress, boredom, or anxiety leads to putting off important responsibilities. The procrastination cure requires identifying these emotional triggers and learning how to manage them productively. Common triggers include fear of criticism, overwhelm from complex tasks, or lack of confidence in one's abilities.

Perfectionism and Fear of Failure

Perfectionism is a significant barrier to productivity. Individuals who set unrealistically high standards often postpone starting or completing tasks out of fear of not meeting expectations. The procrastination cure involves letting go of perfectionist tendencies and embracing progress over perfection. Developing a growth mindset helps reduce fear of failure, making it easier to take action.

Lack of Motivation and Clarity

A lack of clear goals and motivation leads to procrastination. When tasks seem irrelevant or disconnected from personal values, it becomes tempting to delay them. The procrastination cure includes setting specific, meaningful goals and understanding the purpose behind each task. Connecting tasks to larger objectives increases motivation and reduces the urge to procrastinate.

- Emotional discomfort and avoidance
- Perfectionism and fear of criticism
- Lack of clear goals and motivation
- Overwhelm from complex or unfamiliar tasks

Psychological Strategies for the Procrastination Cure

Cognitive Behavioral Techniques

Cognitive behavioral therapy (CBT) is a powerful tool in the procrastination cure toolkit. CBT helps individuals reframe negative thoughts and break the cycle of avoidance. Techniques such as thought challenging, behavioral experiments, and self-compassion exercises foster a proactive attitude. By addressing irrational beliefs and developing healthier self-talk, people become more resilient to procrastination triggers.

Mindfulness and Emotional Regulation

Mindfulness practices can significantly reduce procrastination by increasing self-awareness and emotional regulation. The procrastination cure is enhanced when individuals learn to observe their thoughts without judgment and manage stress effectively. Meditation, deep breathing, and journaling are practical mindfulness techniques that create mental clarity and focus.

Goal Setting and Commitment Devices

Setting clear, achievable goals is central to overcoming procrastination. Commitment devices are tools that help maintain accountability, such as public declarations, tracking systems, or scheduled check-ins. The procrastination cure thrives in environments where motivation and accountability are supported. Breaking tasks into smaller steps and celebrating progress are proven ways to maintain momentum.

1. Challenge negative self-talk and irrational beliefs.
2. Practice mindfulness to increase focus and reduce stress.
3. Use commitment devices to boost accountability.
4. Set clear, incremental goals for every project.

Time Management Techniques that Defeat Procrastination

The Pomodoro Technique

The Pomodoro Technique is a time management method that helps individuals work in focused intervals, typically 25 minutes, followed by short breaks. This approach reduces overwhelm and builds momentum, making it a valuable tool for the procrastination cure. By dividing tasks into manageable chunks, people find it easier to start and finish work efficiently.

Priority Matrix and Task Batching

Using a priority matrix, such as the Eisenhower Box, helps organize tasks by urgency and importance. Task batching, or grouping similar tasks, minimizes distractions and maximizes productivity. The procrastination cure relies on these techniques to keep individuals focused on high-value activities and prevent time-wasting behaviors.

Scheduling and Time Blocking

Creating a daily schedule and using time blocks for specific tasks are effective ways to combat procrastination. The procrastination cure is supported by routines that promote consistency and reduce decision fatigue. Scheduling tasks at optimal times, when energy levels are highest, enhances performance and reduces procrastination.

- Work in focused intervals using the Pomodoro Technique.
- Organize and prioritize tasks with a matrix.
- Batch similar tasks for efficiency.
- Use time blocking to create structure.

Building Productive Habits: The Long-Term Cure

Habit Formation Principles

Long-term success in overcoming procrastination depends on building productive habits. The procrastination cure is most effective when new behaviors become automatic. Habit formation research shows that consistency, cue recognition, and reward systems are crucial. Start small, repeat actions regularly, and celebrate milestones to reinforce positive habits.

Environmental Design and Trigger Management

Optimizing your environment can reduce procrastination triggers and make productive actions easier. Remove distractions, organize your workspace, and create visual cues that remind you of your goals. The procrastination cure gains momentum when your environment supports focus and minimizes temptations.

Tracking Progress and Adjusting Strategies

Monitoring progress is essential for sustaining change. Use habit trackers, journals, or productivity apps to record achievements and setbacks. Adjust strategies as needed to address challenges and maintain motivation. The procrastination cure is a dynamic process that evolves as you learn what works best for your unique circumstances.

Practical Tips to Implement the Procrastination Cure

Start with Small Steps

Breaking tasks into small, manageable actions reduces overwhelm and makes it easier to get started. The procrastination cure begins with taking the first step, no matter how minor. Completing small tasks

builds confidence and creates momentum for larger projects.

Create Accountability Systems

Share your goals with others or use accountability tools to stay on track. The procrastination cure is reinforced when you have external reminders and support. Consider joining productivity groups, hiring a coach, or setting up regular check-ins with a partner.

Reward Yourself and Celebrate Progress

Positive reinforcement encourages consistent action. Recognize your achievements, no matter how small, and reward yourself for staying committed. The procrastination cure is sustainable when progress is celebrated and setbacks are viewed as learning opportunities.

- Begin tasks with the simplest possible action.
- Set up accountability with friends or colleagues.
- Track and celebrate every milestone.
- Reflect on setbacks and adjust strategies proactively.

Frequently Asked Questions About Curing Procrastination

The procrastination cure is a topic that generates many questions. Here, you'll find answers to the most common queries, helping clarify misconceptions and offering practical advice for lasting change.

Q: What is the most effective procrastination cure?

A: The most effective procrastination cure combines self-awareness, psychological strategies, and practical time management techniques. Consistency in applying these methods leads to significant improvements.

Q: Why do people procrastinate even when they know it's harmful?

A: People procrastinate due to emotional discomfort, fear of failure, lack of motivation, or perfectionism. Understanding these root causes is vital for implementing an effective procrastination cure.

Q: How can I break the habit of procrastination?

A: Breaking the habit of procrastination involves building new routines, setting clear goals, and using accountability systems. Start with small steps and gradually increase task complexity to reinforce positive habits.

Q: Are there any tools that help with the procrastination cure?

A: Yes, tools such as habit trackers, productivity journals, the Pomodoro Technique timer, and task management apps can support the procrastination cure by increasing accountability and organization.

Q: Can procrastination be completely cured?

A: While procrastination can be significantly reduced, occasional lapses may still occur. Maintaining productive habits and adjusting strategies ensures long-term success with the procrastination cure.

Q: How long does it take to overcome procrastination?

A: The timeline varies for each individual, but consistent application of the procrastination cure strategies usually leads to noticeable results within a few weeks to a few months.

Q: What role does mindset play in the procrastination cure?

A: Mindset is crucial. Developing a growth mindset and practicing self-compassion helps individuals overcome fear of failure and perfectionism, making the procrastination cure more effective.

Q: Is professional help necessary for the procrastination cure?

A: Professional support, such as coaching or therapy, can be beneficial for those with severe procrastination issues. For most, self-guided strategies and accountability are sufficient for the procrastination cure.

Q: How can students apply the procrastination cure?

A: Students can apply the procrastination cure by setting specific study goals, using time management techniques, and building supportive routines. Seeking peer accountability also enhances effectiveness.

Q: What are common mistakes to avoid when seeking the procrastination cure?

A: Common mistakes include setting unrealistic goals, neglecting emotional triggers, and lacking consistency. Avoid these pitfalls by focusing on gradual progress and regularly reviewing strategies.

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The Procrastination Cure: Conquer Your Delays and Reclaim Your Time

Are you tired of the endless cycle of putting things off? Do deadlines loom, causing you stress and anxiety? Do you feel a nagging sense of guilt and inadequacy because you're not accomplishing what you want? If so, you're not alone. Millions struggle with procrastination, but the good news is that it's a habit you can break. This comprehensive guide offers practical strategies and actionable steps to help you finally conquer procrastination and unlock your full potential. We'll explore the root causes, effective techniques, and long-term solutions to help you find your own unique "procrastination cure."

Understanding the Root Causes of Procrastination

Before we dive into solutions, it's crucial to understand why we procrastinate. It's rarely about laziness. Instead, it often stems from deeper issues:

1. Fear of Failure: The fear of not meeting expectations - both our own and others' - can be paralyzing. This fear can lead us to avoid the task altogether, rather than risk the potential disappointment of failure.

2. Perfectionism: Striving for perfection is admirable, but it can also be a major obstacle. The pursuit of an unattainable ideal often leads to procrastination as we become overwhelmed by the perceived need for flawlessness.

3. Poor Time Management: Lack of organization and ineffective planning can contribute significantly to procrastination. Without a clear plan, tasks can feel overwhelming, leading to avoidance.

4. Low Self-Efficacy: A lack of belief in our ability to succeed can fuel procrastination. If we don't believe we can accomplish a task, we're less likely to even attempt it.

5. Task Aversion: Simply disliking a particular task can lead to procrastination. This is especially true for tasks that are boring, tedious, or challenging.

Practical Strategies to Overcome Procrastination

Now that we've identified some common culprits, let's explore proven methods to combat procrastination:

1. The Pomodoro Technique: This involves working in focused bursts of 25 minutes, followed by a 5-minute break. This structured approach helps maintain concentration and prevents burnout.

2. The Two-Minute Rule: If a task takes less than two minutes, do it immediately. This prevents small tasks from accumulating and becoming overwhelming.

3. Break Down Large Tasks: Overwhelming projects often lead to procrastination. Break them down into smaller, more manageable steps. This makes the overall task less daunting and provides a sense of accomplishment as you complete each step.

4. Time Blocking: Schedule specific times for specific tasks in your calendar. Treat these appointments as seriously as you would any other meeting.

5. Eliminate Distractions: Identify your common distractions (social media, email, etc.) and actively minimize them during focused work periods. Turn off notifications, close unnecessary tabs, and find a quiet workspace.

6. Reward Yourself: Celebrate your accomplishments, no matter how small. Positive reinforcement helps reinforce good habits and keeps you motivated.

7. Practice Self-Compassion: Be kind to yourself. Everyone procrastinates sometimes. Instead of beating yourself up, acknowledge your struggle, learn from it, and move forward.

8. Seek Support: Talk to a friend, family member, or therapist about your struggles. Having a support system can make a significant difference.

Long-Term Solutions for Sustainable Change

Overcoming procrastination isn't a one-time fix; it's a journey. To achieve lasting change, consider these long-term solutions:

Develop a Growth Mindset: Embrace challenges as opportunities for learning and growth, rather than viewing them as threats.

Prioritize Self-Care: Ensure you're getting enough sleep, exercise, and healthy nutrition. Physical well-being significantly impacts mental clarity and productivity.

Practice Mindfulness: Develop awareness of your thoughts and feelings, particularly when you're tempted to procrastinate. This allows you to identify triggers and develop coping mechanisms.

Regularly Review and Adjust: Your strategies may need adjustments as you progress. Regularly evaluate your methods and adapt them as needed.

Conclusion

Conquering procrastination is achievable with the right strategies and a commitment to consistent effort. By understanding the root causes, implementing practical techniques, and fostering long-term habits, you can break free from the cycle of delay and reclaim control of your time and productivity. Remember, it's a process, not a race. Be patient with yourself, celebrate your progress, and enjoy the rewards of a more productive and fulfilling life.

FAQs

1. What if I try these techniques and still procrastinate? It's important to be patient and persistent. If you're still struggling, consider seeking professional help from a therapist or counselor who can help you identify underlying issues and develop personalized strategies.
2. How can I overcome procrastination when I'm feeling overwhelmed? Break down the overwhelming task into smaller, more manageable steps. Focus on completing one small step at a time. Celebrate each small win to build momentum.
3. Is procrastination a sign of something more serious? While occasional procrastination is normal, chronic procrastination can be a symptom of underlying issues like anxiety, depression, or ADHD. If you're concerned, consult a mental health professional.
4. Can technology help me overcome procrastination? Yes, many apps and tools are designed to help with productivity and time management. Experiment with different apps to find one that suits your needs and preferences.
5. How do I stay motivated when I don't see immediate results? Focus on the long-term benefits of overcoming procrastination. Visualize your goals and remind yourself why they're important. Celebrate small wins along the way to maintain motivation.

the procrastination cure: *The Procrastination Cure: 21 Proven Tactics for Conquering Your Inner Procrastinator, Mastering Your Time, and Boosting Your Productivity!* Damon Zahariades, 2017-05-21 Learn How To Take Quick Action, Make Fast Decisions, And Get More Done In Less Time! Do you regularly procrastinate? Do you often struggle to get started on important projects? Do you allow tasks to pile up until they make you feel stressed and overwhelmed? If so, there's a simple solution: THE PROCRASTINATION CURE. Imagine looking at your to-do list and immediately tackling, completing, and crossing off tasks. Imagine making quick decisions regarding which projects receive your immediate attention. Imagine finishing your work each day with hours to spare! Amazon bestselling author, Damon Zahariades, provides a start-to-finish blueprint for beating your inner procrastinator. He'll show you, step by step, how to overcome your tendency to put off important chores, projects, and activities, and consistently take action that catapults your productivity. You'll receive more than 21 proven tactics for conquering your impulse to procrastinate. You'll also learn the REASONS you procrastinate, along with actionable advice on how to nip them in the bud. In THE PROCRASTINATION CURE, you'll discover: The 13 most common reasons people

postpone taking action Why your to-do list might be encouraging you to procrastinate (and what to do about it) How to create an action-prompting reward system tailored to your personal proclivities 4 easy tips for silencing your inner perfectionist and getting to work Surprising advice from Mark Twain on how to beat procrastination The one decision that'll spur you to take action and complete tasks in record time The power of accountability (and how to find the perfect partner) How to prioritize tasks and projects according to your personal goals A 3-step system for tracking your energy levels, and using the data to maximize your productivity How to use Time Chunking to tackle large, daunting projects One of the most common forms of self-sabotage (and how to avoid it) How to muzzle your inner critic and eliminate negative self-talk A curious strategy novelist Victor Hugo successfully used to tame his inner procrastinator And much, much more! Plus, you'll receive 3 BONUS tactics, each of which will prove instrumental in overcoming your inner procrastinator. There's also a BONUS SECTION that includes detailed answers to common questions asked about how to curb the procrastination habit. THE PROCRASTINATION CURE is for anyone who struggles to take action. Whether you're a student, corporate executive, entrepreneur, or stay-at-home parent, the tactics described in this book can set the stage for a personal transformation. Grab your copy of THE PROCRASTINATION CURE today to finally conquer your inner procrastinator and get to work on tasks and projects you're tempted to put off until later! This how-to guide is written in the great self-help, personal development tradition of Cal Newport, David Allen, and S.J. Scott. Scroll to the top of the page and click the BUY NOW button!

the procrastination cure: The Procrastination Cure Jeffery Combs, 2011-10-15 What kind of procrastinator are you? Get to the root of the problem with this practical guide that pinpoints the causes—and the cure. How do you let go of procrastination? First you need to recognize and defuse the feelings that lead to it, which can be very different from one person to the next. Then you can develop the ability to both produce and relax without guilt. In *The Procrastination Cure*, you'll discover: •The root causes of procrastination (it's not merely a time-management issue) •The six types of procrastinators: the Neurotic Perfectionist, the Big Deal Chaser, the Chronic Worrier, the Rebellious Procrastinator, the Drama Addict, and the Angry Giver •Key strategies, practical solutions, and real-life examples for overcoming each variety of procrastination From a success coach and popular speaker who's a recovering procrastinator himself, this is a book that can put you on the path to getting things done—and living a better life.

the procrastination cure: The Procrastinator's Guide to Getting Things Done Monica Ramirez Basco, 2009-12-21 Everyone waits till the last minute sometimes. But many procrastinators pay a significant price, from poor job performance to stress, financial problems, and relationship conflicts. Fortunately, just as anyone can endlessly delay, anyone can learn how to stop! Cognitive-behavioral therapy expert Monica Ramirez Basco shows exactly how in this motivating guide. Dr. Basco peppers the book with easy-to-relate-to examples from recovering procrastinators—including herself. Inviting quizzes, exercises, and practical suggestions help you: *Understand why you procrastinate. *Start with small changes that lead to big improvements. *Outsmart your own delaying tactics. *Counteract self-doubt and perfectionism. *Build crucial skills for getting things done today.

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suddenly seem more important than a crucial sales pitch? And why does a healthy diet always start tomorrow? Writing with a combination of humour, humanity and solid scientific research, Piers Steel explains why we procrastinate—why we knowingly and willingly put off a course of action despite recognising we'll be worse off for it. What's more, his study shows that despite procrastination making us poorer, fatter and unhappier, we're putting things off like never before—with new distractions such as Facebook and Twitter now in our lives, procrastination is on the rise. Some of the questions this book addresses are: - What are the main types of procrastination? Why is our brain wired for procrastination? How has procrastination played out through history? What is the price of procrastination? How do we fix our procrastinating ways? Piers Steel has spent the last ten years of his life devoted to studying procrastination, and the decades before that embodying it. He knows his subject both as a practitioner and as a scientist, and offers accessible techniques for controlling and improving motivation. Everyone from the dithering student to the dallying employee will recognise something of themselves in this engaging and insightful book.

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the procrastination cure: The End of Procrastination Petr Ludwig, Adela Schicker, 2019-01-07 If you're a fan of Deep Work by Cal Newport, Jordan B. Peterson's 12 Rules for Life or The Subtle Art of Not Giving a F*ck by Mark Manson; you will love The End of Procrastination: How to Stop Postponing and Live a Fulfilled Life. Take control and stop procrastinating: Even with overflowing inboxes, thousands of unread notifications, and unmet deadlines, most people still can't manage to take control of their time and stop procrastinating. The End of Procrastination tackles this ubiquitous problem head on, helping you stop putting off work and enabling you to reclaim your life. Transfer the knowledge of neuroscience and behavioral economics into practice: Author Petr Ludwig is a science popularizer, entrepreneur, and consultant with the gift of being able to explain crucial and difficult things simply and easily. Adela Schicker is a personal growth consultant and motivational speaker. Petr and Adela are the co-founders of Procrastination.com, which has helped Fortune 500 clients in Europe overcome the habit of putting off tasks and responsibilities. Now, in their book The End of Procrastination, Ludwig and Schicker offer a blueprint for improving your intrinsic motivation, efficiency, and happiness at work and in your personal life. A science-based toolset: Based on the latest research, The End of Procrastination synthesizes over one hundred scientific studies to create a program that is based on the way our brains actually work. By understanding exactly why procrastination happens and how our brains respond to motivation and self-discipline, the book provides readers with the knowledge to conquer procrastination on an everyday basis. The keys to overcoming procrastination are in this getting-things-done book: *Insight into over 120 scientific studies *Eight clear, science-based and successful tools *Quick daily worksheets to shift your perspective *To-do lists that actually help you get things done *Everything you need to change the way you manage your time and live your life

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control. In this book I'll show you how! There is no better time to order this book than right now when transformation is on your mind. Because when you order this book you can: Realize a simple proven 5 step system to stop procrastinating GUARANTEED to work. Reveal the one TRUE secret to become and stay motivated for life. Discover mindset hacks that FORCE your mind to start working even on tasks you hate. Eliminate exhaustion and discover how to work with intense focus for hours. Wake up ready to pounce on life like a starving lion in a field of gazelles. Only buy this book when you need serious change. This is not info regurgitated that can be found online. Suffice to say this book is packed with my secrets you won't find elsewhere. Scroll up and order your copy today!

[illegible]

the procrastination cure: The Procrastination Cure Keith Hammond, 2021-03 Let's face it, you're probably reading this book as an excuse not to do something else. Whether that's an excuse not to do the pile of laundry, or to go to sleep we all do it. Procrastination is normal, in fact, it's unlikely that anyone will tell you they have never done it. Everyone procrastinates. Sometimes procrastination can even be good for us, by taking time to decide if we really need to do something we are, in fact, prioritizing other things. Bet you didn't know that? You are demonstrating a variety of useful and powerful skills by procrastinating, they're just a little mismanaged. That's all. Procrastinators come in many different sizes and forms, there are those who do it because they strive for perfectionism and know the future task will likely not end up perfect, and also those who put a task off because it's not important. Procrastination at its root is simply time management - making or taking the time to do something. Just because you procrastinate it does not mean you're lazy, many times we put off actions because we know they're unpleasant or that the outcome won't make us happy. It's human nature to seek happiness so it's not surprising that we put off tasks in the hope of eventually getting out of them. Often, we're aware of our procrastination; but what if you're not? Sometimes time slips away without even noticing and before you know it the day has gone and you've done nothing you had planned on. This book covers the following topics: - Understanding procrastination - Thief of time - Setting your mind right; overcoming procrastination - How serious of a problem can procrastination be? - Understanding who you are and what your purpose is - Sort your daily tasks right - Your brain on procrastination - How to beat procrastination? - How to keep these habits around ...And so much more!!! As humans have evolved it has become easier to procrastinate. Machines do our jobs for us, computers have made work and play into very similar mechanics so that our brains often forget which is which. We don't pay attention because we are bombarded with so many things at once that total focus has become an inconvenience and something we perceive as holding us back from being as productive as possible. In fact, it's this very tendency to try and do everything that makes us procrastinate and causes us to be less productive. There is a big difference between someone who is a chronic procrastinator and someone who simply puts off things on occasion. Serial procrastination can be debilitating. It can hurt your bank account, your home, and even your health. Procrastination becomes a problem when it noticeably affects your life. Finding

out the root cause of your procrastination is the key to making yourself more productive and achieving that goal of perfectionism. To appease our own ego we have to come to terms with what we have put off until now. Do you want to learn more? Don't wait anymore, press the buy now button and get started.

the procrastination cure: *The Procrastination Cure (It's Not Eat That Frog!)* Stephen N Murphy, 2019-11-02 Are you frustrated of not able to start what you put your mind too? Angered by your cluttered mind and waste the day away doing non-essential work? Want to become a top performer getting more work done in a week than in the last year? If you're someone who gets stuck in negative thought patterns that hold you back from your true potential. This book will change your existence. This is for: People who constantly procrastinate and can never break the cycle. Disorganized people who aren't utilizing their time to the fullest. Unmotivated, lazy, always exhausted, and always making excuses. Sound like you? Right now, it seems impossible to take back control. You lack willpower, have no motivation, you're too tired to focus. The real problem? You're stuck with the same mindset and habits. Doing the same thing but I'm here to introduce another perspective. One that will change your thought process and develop long term habits that make you productive. I'm here to offer guidance from a source beyond yourself. Strategies and secrets that actually work so you can obtain that focused mental trance you've been seeking. Eliminate your old thought process and develop a new one where the hard and demanding tasks that progress your life become automatic. You don't have to live with the guilt of an unfulfilled life. You CAN take back control. In this book I'll show you how! There is no better time to order this book than right now when transformation is on your mind. Because when you order this book you can: Realize a simple proven 5 step system to stop procrastinating GUARANTEED to work. Reveal the one TRUE secret to become and stay motivated for life. Discover mindset hacks that FORCE your mind to start working even on tasks you hate. Eliminate exhaustion and discover how to work with intense focus for hours. Wake up ready to pounce on life like a starving lion in a field of gazelles. Only buy this book when you need serious change. This is not info regurgitated that can be found online. Suffice to say this book is packed with my secrets you won't find elsewhere. Scroll up and order your copy today!

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the procrastination cure: *The Art of Decision Making* Joseph Bikart, 2019-07-09 Drawing insights from philosophy, psychology, literature, and theology, a longtime executive business coach explores how and why we make the decisions we do What is it that makes some of us better—or worse—than others at committing to a choice? What are the forces that hold us back, and how can we successfully overcome them? Every facet of our lives depends on the decisions we make. Yet, how often do we pause to reflect on our ability to make the best and smartest choices? The key is how we confront and refine the decision-making process. Here, Joseph Bikart explores the intricacies of decision making, challenging us to understand why we make the choices we do. He explores how the true power of decisions, especially the toughest among them, help us to face our fears and may in turn change how we think about ourselves. Breaking his study into four clear parts and short practical essays, Bikart presents a lively and compelling exploration of the process of

decision making. He covers: • Indecision, Indecision: What makes us indecisive? What holds us back and why? • Where Art Thou?: How and where we get stuck and the importance of relaxing one's grip. • The Momentum of Decisiveness: Keeping our focus and proactivity. • The Deciding Mind: Making our smartest choices. Drawing from such different fields as philosophy, psychology, neurology, literature, art history and theology, *The Art of Decision Making* takes us on a journey from the depths of procrastination to the elation of decision making. Presenting a fresh perspective on what to do at the proverbial fork in the road, Bikart's unique philosophy is insightful, thought provoking, and potentially life-changing.

the procrastination cure: *The Thief of Time* Chrisoula Andreou, Mark D. White, 2010-04-14 When we fail to achieve our goals, procrastination is often the culprit. But how exactly is procrastination to be understood? It has been described as imprudent, irrational, inconsistent, and even immoral, but there has been no sustained philosophical debate concerning the topic. This edited volume starts in on the task of integrating the problem of procrastination into philosophical inquiry. The focus is on exploring procrastination in relation to agency, rationality, and ethics-topics that philosophy is well-suited to address. Theoretically and empirically informed analyses are developed and applied with the aim of shedding light on a vexing practical problem that generates a great deal of frustration, regret, and harm. Some of the key questions that are addressed include the following: How can we analyze procrastination in a way that does justice to both its voluntary and its self-defeating dimensions? What kind of practical failing is procrastination? Is it a form of weakness of will? Is it the product of fragmented agency? Is it a vice? Given the nature of procrastination, what are the most promising coping strategies?

the procrastination cure: *The Psychology of Procrastination* Dr. Hayden Finch, 2021-02-02 Understand your procrastination and break through to productivity Many different factors can trigger procrastination. The good news is, you're not lazy or undisciplined, and you can achieve real productivity. Discover the psychological factors that drive your procrastination habits and unlock the secrets to overcoming them. With this research-based approach, you can learn to stop procrastinating, finish projects, and accomplish your goals. Begin by unpacking the common thought processes and emotional roadblocks that trap you in cycles of problematic behavior. Apply that awareness to each step of getting things done, using practical evidence-based techniques that address the root causes of procrastination and time management problems. When you are empowered to work along with your brain, rather than against it, you'll be able to take control and create lasting change. This empowering choice in psychology books helps you: Examine core issues—Look at possible mental health issues that often exacerbate procrastination, like low self-esteem, depression, anxiety, ADHD, and others. Succeed step-by-step—Work through procrastination one step at a time: prioritize, find motivation, overcome avoidance, get started, focus, follow through, and finish. Get perspective—Explore real-life anecdotes of people struggling with procrastination to gain insight into how it works in your life—and help you identify its causes.

the procrastination cure: *The Procrastination Cure* Stella-maris Oji, 2024-06-02

the procrastination cure: *The Procrastination Cure* victor books publishing, 2020-04-26 journal notebook ,use it for Learn How To Take Quick Action, Make Fast Decisions, And Get More Done In Less Time!

the procrastination cure: *Cure the Procrastination Puzzle with the Power of Habits* Werner Brendon Marcus, 2019-12-29

the procrastination cure: *Procrastination* Fuschia M. Sirois, 2022-06-28 Drawing on the latest theory and research, this book offers a fresh take on the reasons why people procrastinate, and provides practical strategies to help readers stop delaying, complete tasks, and fulfill their potential. Readers will learn steps for treating themselves with compassion, rather than harsh judgements, to better regulate the negative emotions that are the source of procrastination.

the procrastination cure: *The Simple Yet Effective Methods to Cure Procrastination* Werner K Clark, 2024-06-04 Every human being has the same number of hours each day, no more no less. Yet, you're surrounded by people who accomplish more in one day than you have in one week. Why is

that? You can't buy time, nor slow it down. No matter how much time you've wasted, you still have an entire tomorrow. Don't let it go to waste because it's never too late to seek transformation in your life. I know what it's like to get motivated and fall back into old negative patterns. To have great ideas but never muster the strength to get started so they go unrealized. The wishing for change that never occurs. The bad habits you're aware of but can't break. Your days wasted away doing meaningless tasks that have no value so you never achieve the success you've been longing for. I'm here to provide you with the secrets and strategies to break the cycle you've not been able to stray from. The mindset changes in order to do what necessary automatically and stop saying I can't. I will provide you with the step by step techniques to develop long term habits that will transform your life. Habits where you have twice the discipline, willpower, and ten times more control over your time. You'll be able to step into the person you're meant to be and perform work you hate with intense focus. Best of all, finally realize it has nothing to do with you personally and everything to do with universal principles most people will never know. Inside this book you will discover: The reason you procrastinate and how to flip the switch and dominate. A universal rule that increases productivity and forces you forward. A fool-proof method to break bad habits and keep them gone for good. Millionaire time-management strategies and secrets of self-discipline. An ancient Japanese trick to hack your mind and beat laziness right now. This book isn't for everyone. It's only for those who are sick of being stuck in place, turning your wheels, never making any real progress in life. If that's you, and you want to change things right now scroll up and order your copy today!

the procrastination cure: AARP Still Procrastinating? Joseph R. Ferrari, 2011-12-19 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. In Still Procrastinating?, Joseph Ferrari will help you find out why you put things off and learn how to conquer procrastination for good. Do you ever say to yourself What if I make a bad decision?, What if I fail?, or I'm better under pressure? There are all sorts of reasons people procrastinate. What are yours? This book draws on scientific research on procrastination conducted over more than twenty years by the author and his colleagues, to help you learn what stops you from getting things done so that you can find the solutions that will really work. Contrary to conventional wisdom, chronic procrastination is not about poor time management, but about self-sabotaging tendencies that can prevent you from reaching your full potential. This book gives you the knowledge and tools you need to understand and overcome these tendencies so you can start achieving your goals--not next week, next month, or next year, but today! Exposes the hidden causes of procrastination, including fear of failure, fear of success, and thrill-seeking Identifies types of procrastinators and helps determine which type describes you Shares surprising information on how factors such as technology and the time of day affect procrastination Examines specific issues related to putting things off in school and at work Shares more than twenty years of research on the causes and consequences of chronic procrastination Written by a psychologist who is an international expert on the subject of procrastination Are you still procrastinating? This take-charge guide will help you stop making excuses and start transforming your life--right now.

the procrastination cure: The Art of Procrastination John Perry, 2012-08-28 At last: Self-help for procrastinators. (The secret: acceptance!) Filled with charm, tongue-in-cheek wit, and the insights of a lifelong introspective dawdler, The Art of Procrastination is a philosophical self-help program for every reader who suffers the pangs of being a procrastinator. John Perry celebrates this nearly universal character flaw by pointing out how often procrastinators are, paradoxically, doers. They may not be accomplishing everything on their to-do lists, but that doesn't make them slackers. It just indicates a need to rethink the to-do list. He also introduces the philosophical notion of akrasia (the mystery of why we often choose to act against our better judgement), examines the torturous relationship between procrastination and perfectionism, and shows how to give yourself permission to do an imperfect but, in fact, perfectly good job. These are strategies—task triage, horizontal organization. Underlying causes—right-parenthesis deficit disorder. Anecdotes and ideas. But above all, an attitude of acceptance. Pat yourself on the back for what you manage to get done—but don't stop enjoying that time you waste, too. Who knows where daydreams will lead?

the procrastination cure: Addiction, Procrastination, and Laziness: A Proactive Guide to the Psychology of Motivation Roman Gelperin, 2017-09-16 Learn to Take Control of Your Life, Through an In-Depth Understanding of Motivation: What is motivation? Why do we feel totally paralyzed to do certain things, and utterly unable to quit others? Too many people conclude, falsely, that they are just lazy, or lacking in willpower. But what they lack is a correct understanding of their own minds, of motivation, and the way that it operates. This book is a self-help manual and a rigorous analysis of the psychology of motivation. It will teach you to stop procrastinating, kick your addictions, circumvent laziness, take control of your actions, and achieve your goals, by thoroughly understanding the way your mind works. In it, you'll learn: What is the nature of motivation, on its deepest psychological level Why addiction and procrastination are two sides of the same coin Why there's no fundamental difference between a physical and psychological addiction Why willpower is rarely the solution to anything Why and how emotions motivate You'll also learn fifteen powerful strategies for motivating yourself, why they work, and how to apply them to your own life. By the end of this book, you'll possess all the tools you need to take firm control of your daily existence.

the procrastination cure: THE PROCRASTINATION CURE 2022 Sweetmoon, 2022-09-23 Everyone procrastinates. It's a universal temptation. Even productivity and time management experts, who are supposed to know better, regularly postpone taking action on things that require their attention. We're constantly enticed to put things off to pursue more appealing options. For example, we persuade ourselves to forgo our daily visit to the gym, choosing instead to remain on the couch binge-watching our favorite Netflix shows. We ignore our lawns, which desperately need to be mowed, in favor of going to the theater to catch the latest blockbuster film. We choose to go out with our friends rather than study for an upcoming exam. The question is, how can we lessen this tendency? Ultimately, how can we reduce its impact on our lives? We can't eliminate it since our inclination to procrastinate is part of our nature. We tend to pursue what is easiest and most likely to deliver immediate gratification, even if doing so is inconsistent with our long-term goals. The Procrastination Cure will give you the tools you need to overcome this inclination.

the procrastination cure: *Stop Procrastinating* Nils Salzgeber, 2018-04-13 Do you feel like your potential is severely limited due to your procrastination habit? Are you tired of the guilt, stress, and overwhelm that comes with procrastination? Do you want to learn the secret to getting things done quickly and effectively, so that you can increase your success in all areas of life? In this no-fluff and action-oriented book, you'll discover the real reason behind your procrastination (there's only one!) and you'll find potent tools to help you overcome procrastination for good. In *Stop Procrastinating You'll Discover...* More than 20 science-based strategies designed to help you overcome laziness, free yourself from excessive guilt, and get things done whether you feel like it or not. A simple strategy for programming your unconscious mind to act in any way you like New research explaining differences between procrastinators and non-procrastinators (Hint: procrastination is not your fault.) Why criticizing yourself always leads to more procrastination and what to do instead The 30-second trick to build instant habits so you can wake up early, exercise regularly, and get more done without wasting any willpower A quick walkthrough of the new science of willpower: why you need it, easy ways to get more of it, and step-by-step advice on how you'll use it to overcome procrastination Why your granny doesn't procrastinate (the alarming link between technology, distractions, and procrastination... and what you must do to escape this trap) Rarely discussed but highly researched strategies that tackle the root cause of procrastination... allowing you to quickly relieve guilt, feel better about yourself, and as a result get more done Whether you're a failing student, aspiring entrepreneur, stay-at-home mom, or just someone who's constantly struggling for motivation - know that by following the information in *Stop Procrastinating*, you can overcome procrastination. More importantly, you can finally realize your potential, go after your dreams, and enjoy life without constantly feeling guilty or stressed out. Don't wait. Learn How to Overcome Procrastination by Clicking the Buy Now Button at the Top of the Page.

the procrastination cure: *Soon* Andrew Santella, 2018-03-13 "Casually erudite, full of delicious anecdotes and brutal honesty, it is catnip, in book form, for procrastinators and

non-procrastinators alike.” —Jennifer Egan, Pulitzer Prize-winning author Like so many of us, including most of America’s workforce, and nearly two-thirds of all university students, Andrew Santella procrastinates. Concerned about his habit, but not quite ready to give it up, he set out to learn all he could about the human tendency to delay. He studied history’s greatest procrastinators to gain insights into human behavior, and also, he writes, to kill time, “research being the best way to avoid real work.” He talked with psychologists, philosophers, and priests. He visited New Orleans’ French Quarter, home to a shrine to the patron saint of procrastinators. And at the home of Charles Darwin outside London, he learned why the great naturalist delayed writing his masterwork for more than two decades. Drawing on an eclectic mix of historical case studies in procrastination—from Leonardo da Vinci to Frank Lloyd Wright, and from Old Testament prophets to Civil War generals—Santella offers a sympathetic take on habitual postponement. He questions our devotion to “the cult of efficiency” and suggests that delay and deferral can help us understand what truly matters to us. Being attentive to our procrastination, Santella writes, means asking, “whether the things the world wants us to do are really worth doing.” “Well-researched . . . [Soon] argues that in many cases eminent figures have done great work while putting off work they were supposed to be doing. Procrastination might, for some people, be part of innovation and the creative process.” —The Wall Street Journal

the procrastination cure: Procrastination Jane B. Burka, Lenora M. Yuen, 2008-12-23 Describes the main causes of procrastination, discusses fears of failure, separation, and attachment, and gives advice on time management, goal setting, and stress.

the procrastination cure: Fast Focus Damon Zahariades, 2017 Takes you step-by-step, through a simple system that’ll help you master your attention and triple your productivity. The strategies described in this fast-moving action guide are routinely used by business owners, executives, athletes, students, and parents to achieve a state of hyperfocus.

the procrastination cure: How to Procrastinate Knock Knock, 2007 Because work expands to fit the time available, it's never been easier to do the minimum amount of work in the maximum amount of time. This title shows you how to stop performing and start procrastinating.

the procrastination cure: Eat That Frog! for Students Brian Tracy, Anna Leinberger, 2020-12-29 Adapted from Brian Tracy's international time-management bestseller, *Eat That Frog!*, this book will give today's stressed-out and overwhelmed students the tools for lifelong success. Like adults, students of all ages struggle with how to manage their time. Encountering the necessity of time management for the first time, high schoolers juggle classes, extracurricular activities (all but mandatory for college admissions), jobs, internships, family responsibilities, and more. College brings even more freedom and less structure, making time management even more critical. Brian Tracy's *Eat That Frog!* has helped millions around the world get more done in less time. Now this life-changing global bestseller has been adapted to the specific needs of students. Tracy offers readers tips, tools, and techniques for structuring time, setting goals, staying on task (even when you're not interested), dealing with stress, and developing the skills to achieve far more than you ever thought possible. This is the book that parents and teachers have long been wishing Tracy would write.

the procrastination cure: Get Things Done Robert Kelsey, 2014-02-07 Robert Kelsey’s *What’s Stopping You?* has become a self-help classic. His *What’s Stopping You?* books have helped thousands of people worldwide overcome their limiting beliefs and bash through their barriers to success. Now Robert is back to help us defeat the obstacles that stop us achieving more in our everyday lives. Many of us have the greatest of intentions but find ourselves procrastinating, which results in low attainment and frustrated ambitions. Grounded in solid psychological research Robert helps us examine why we might have these tendencies and how to overcome them in order to feel more together, in control and on-top of everything. Looks at the psychology behind why we procrastinate, in order to understand and change our behaviour, forming new, effective habits Provides practical solutions to help us ‘get things done’ in real life situations including meetings, on the phone, with e-mail, looking for a job and starting a business Includes techniques to improve

focus and aid concentration Examines how disorganisation is not innate and how we can learn processes that will allow us to be more effective How to bring control to certain areas of your life and reduce stress and uncertainty Get Things Done is emotional ergonomics for the organisationally-challenged individual - at home, at work, with themselves, and with others.

the procrastination cure: Procrastinate on Purpose Rory Vaden, 2015 You've tried managing your time. You've tried prioritizing your time. Now discover how to multiply it. Do you feel like you're busier than ever - yet never caught up? You're not alone. Many of us are tired, frustrated, and stressed from being overworked at the office and at home, with no concrete plan for getting it all under control without compromising our well-being. In *Procrastinate on Purpose*, self-discipline strategist Rory Vaden presents a different approach for how to identify and focus on what's important. Instead of one more calendar, checklist, or gadget, he points out that what we really need is an understanding of the emotional reasons we fail to maximize our time - and he then reveals the five 'permissions' we can grant ourselves in order to get better results while creating more margin in our daily lives. In this paradigm-shifting book, you will discover how to- Identify your most significant priorities, in business and in life Create more time to do the things you love without sacrificing results Say no to the things that don't matter, and yes to the things that do Implement systems that give you more time tomorrow than you have today Gain control and inner peace by adopting the 'multiplier mindset' Informed by Southwestern Consulting's work with thousands of busy clients, and interspersed with Vaden's case studies that reveal the 'multiplier mindset' at work, this insightful, practical book will turn everything you thought you knew about time upside-down-and it will change the way you work and live. From the New York Times bestselling author of *Take the Stairs*- A bold new way to get things done. 'Managing your time is a lot like managing your money. It's not about the numbers; it's about your behavior. The best time-management tricks in the world won't do you much good if they don't actually make your life better. In *Procrastinate on Purpose*, Rory builds on what we've all heard about time management and adds the two things that have always been missing- emotion and significance.' Dave Ramsey, New York Times bestselling author and nationally syndicated radio show host 'If you've ever thought, 'I wish I had more time,' read the great principles of this book. And then I dare you to do what Rory does- live them.' Jon Acuff, New York Times bestselling author of *Start and Quitter* 'Procrastinate on Purpose will alter the way the professional world thinks about time - I've never read anything like it. Useful, unique, and relevant . . . this is an absolute must-read for every leader.' Sue Schick, CEO of UnitedHealthcare of Pennsylvania and Delaware 'This book is a game-changer.' Jon Gordon, bestselling author of *The Energy Bus* and *The Carpenter* 'Every once in a while a book comes along that completely shifts the way an entire generation thinks about a specific topic. When it comes to time management and productivity, *Procrastinate on Purpose* may be the one!' Andy Andrews, New York Times bestselling author of *The Traveler's Gift* and *The Noticer*

the procrastination cure: End Procrastination Now!: Get it Done with a Proven Psychological Approach William Knaus, 2010-04-02 Never miss another deadline! A proven method that defeats procrastination forever by conquering emotions, not time management Procrastination is a serious and costly problem. And time management isn't the solution. Author William Knaus exposes the deep-rooted emotional and cognitive reasons we procrastinate and provides solutions to overcome it. Where other books offer time-management techniques and organizational tips as superficial fixes that don't work in the long run, *End Procrastination Now!* goes deeper and shows you a three-pronged approach to get off and to stay off the procrastination treadmill. *End Procrastination Now!* provides you with expert advice on how to stay on track, stay focused, and meet deadlines. Psychologist William Knaus outlines a step-by- step plan to get over procrastination by recognizing its causes, building positive feelings towards what needs to get done, and implementing effective solutions that help you cut bad habits to successfully get more done in less time. You'll learn The natural causes for procrastination and how to track and then stop procrastination. New techniques that cut through procrastination barriers that affect work and productivity. To reduce stress caused by procrastination through the unique cognitive, emotional, and behavioral approach. How to build

resilience to negative feelings you automatically have towards tasks

the procrastination cure: Overcoming Procrastination Albert Ellis, William J. Knaus, 1979

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Procrastinating, putting things off, delaying and obstructing progress - do these sound familiar to you? They are all patterns of destructive or obstructive behaviour in a pressured world where progress is measured by results. *Overcoming Procrastination*, updated and modernized for 2021, demonstrates that change can only occur when we have a better understanding of our own emotions and motivations. It uses proven therapeutic techniques that centre around finding strategies for developing potential, and unlocking the door to a more effective and enriched life.

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the procrastination cure: The Procrastinator's Mind: Why We Procrastinate and How to Overcome It? Balivada, 2020-03-24 Stop procrastination, step by step. *The Procrastinator's Mind* empathizes with procrastinators and seeks to understand the behavior of procrastination within their reality without judging them. The author gets to the core of the psychology of procrastination and provides practices and solutions that are proven to stop procrastination and inspire the journey toward discipline. The author takes a more personal and familiar approach that affects the reader's whole life and sense of self-respect and does not just preach more productivity at work. The book delves deeply into and analyses topics such as self-esteem, fear, emotion, thought, assertiveness, identity, self-efficacy and the effects of these elements on procrastination. Often when we procrastinate, we have some work that we are running away from, a task that poses a fear in terms of our self-esteem, effort or ability. During this time, we go on a binge to understand and solve our procrastination. This book intends to help one procrastinate less by building awareness of the subconscious and conscious processes within a procrastinator.

the procrastination cure: *The Procrastination Cure: A Practical Guide To Getting Things Done* Stella-maris Oji, 2024-06-02 Are you tired of letting procrastination hold you back from achieving your goals? Do you dream of transforming your habits and unlocking your full potential? Discover the definitive guide to overcoming procrastination and reclaiming your time with *The*

Procrastination Cure: A Practical Guide to Getting Things Done. In this empowering and practical book, you will find a comprehensive toolkit to help you break free from the cycle of delay and inaction. Through a blend of psychological insights, real-world examples, and hands-on exercises, you will:

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- Harness the power of motivation and focus to achieve your goals.
- Create a supportive environment that nurtures your productivity.
- Learn effective time management techniques to maximise your efficiency.

Whether you are a chronic procrastinator or simply seeking to optimise your productivity, The Procrastination Cure provides the roadmap you need to transform your life. Packed with actionable strategies and illustrative examples, this book will guide you on a journey of self-discovery and growth. Take the first step towards a more productive and fulfilling life. Turn procrastination into a thing of the past and unleash your true potential today.

the procrastination cure: Procrastination Cure Mi\$ter X, 2020-10-19 Do you want to master your emotions, kill procrastination and win the battle against yourself? Do you want to learn how to manipulate your subconscious mind being always motivated and raise the dormant leader inside you? Do you want to know the 13 never-spoken techniques used everyday by MI\$TER X for kill procrastination? □ In life, it's difficult to avoid the impulsive convenient urge to put off stuff and to miss out on important commitments. It's equally difficult to avoid negative thoughts and feelings, and overthinking at this day and age. But if that has been causing by a constant overwhelming feeling, you are about to learn how to put an end to all that to turn your life around, for good! This smart book has a clear goal, which is to teach you the right mindset and habits you need to adopt in very simple steps to weed procrastination out, to be more disciplined, have positive thoughts, boost your mental toughness, and achieve anything you desire in life. In this book you will find □ The Procrastination Extirpation Method □ How to reprogram and manipulate your subconscious mind curing procrastination and overthinking □ 13 Tips and tricks to kill procrastination Learn now ho to be motivated and full of energy, push your life to the next level and raise the no-regret trophy by following a step-by-step program that boasts 1.947 case studies. Are you ready? Scroll up the page and Buy Now your copy of this Masterpiece of MI\$TER X !

the procrastination cure: Launch Like a Rocket Olivia Hayes, 2018-10-28 Do you sometimes feel too lazy or procrastinated just to clean your apartment? Have you ever said maybe,... I will do it tomorrow? Or you need to finish your presentation and you won't do it until deadline is one step away. Does it happen to you too??? I used to be the same person but I have changed. In this book, I combined all my knowledge about motivation, curing procrastination and achieving whatever you want by controlling your body, mind, and emotions. While we all have dreams and future goals that we want to achieve, why is it so hard to get motivated? Getting motivated to succeed is a tricky thing, but if the right steps are taken, it can be achieved. You have a set of habits right now, which are keeping you trapped in a life you don't enjoy. Don't you think it is time to replace them with a set of success habits, which will propel you to the level of super achievement, you know you are capable of achieving. Your needs to accomplish your highest purpose are as followings: *Self discipline *Motivation *Decision *Knowing what you want *Acting upon what you want *Stop negative thinking *Understanding the life is illusion *Understanding your life is directly connected to your imagination *Quitting is for losers *Fully control over your body and brain *You are not your brain You don't need to completely reboot your life and start over. Where you are right now is the perfect place to start. A few well-chosen new daily routines or behaviors, which require you to apply your willpower to carry out every day, will have a massive impact on how your life will turn out in the short, medium and long term. Motivation is one of those intangible things in life that many have a love/hate relationship with. One day you may start your morning fully charged and overflowing with motivation to tackle whatever the day brings you, and the next you may wake up feeling completely drained, wishing you could just stay in bed for the rest of the day. Accept 100 % responsibility for your life and begin to believe in yourself and your potential. Taking charge or said another way accepting 100 % responsibility for your future, is one of the highest forms of maturity and the only

way to make any positive lasting and meaningful changes to your lifeGetting motivated to succeed is difficult when you do not have a plan in place to help you achieve your goals. While there are numerous of other things you can do to help you get motivated, it is important that the ideas discussed in this BOOK are incorporated in your plan. They will not only help you get motivated to succeed, but also to stay motivated. DOWNLOAD A COPY TODAY !!

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