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Step 3: Adopt Anti-Procrastination Strategies. Procrastination is a habit – a deeply ingrained pattern



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of behavior. This means that you probably can't break it overnight. Habits only stop being habits when you avoid practicing them, so try as many of the strategies, below, as possible to give yourself the best possible chance of succeeding.

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see the tasks they need to do in  
order to accomplish what they  
really want to achieve. It is much

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The simple art of finishing what you start with 117 anti procrastination mindset hacks

procrastination-busting mindset is to choose the tiniest of things to do on your dream to-do list, and to take action on that immediately. Procrastination hates it when you don't wait to do things, but tackle them right away instead.

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Just [insert micro-commitment here]? A micro-commitment is something so small and simple that...

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The Ultimate Anti-Procrastination Hack | SUCCESS

This mindset can lead to long-

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term procrastination, and persist even in cases where the person who is procrastinating never ends up following through on their intended plan... by modifying or dropping anti-procrastination techniques based on how well they work for you, and by adding

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Thank You so much for buying my book The Anti-Procrastination Mindset! You have done me but also yourself a great pleasure! To motivate you, to take action upon all the lessons from the book and implement them into your own



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Five, I will provide you with all the resources mentioned in the book. Below, you can find which resources you will get.

## Mindset Hacks

Today could be the day! Your

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whole life changes! You could find a way to be more successful, productive and happy. Something simple, inexpensive and relatively quick. A mind-blowing mindset you can use to achieve ... anything. So, you ask yourself, if such an approach to life exists,

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Why doesn't everyone use it? They do. Most of us start with the mindset we need, but somewhere along the line we get discouraged, we give up, or worse still, we don't even try. It happened to me, but then, one day, I decided it had to stop. I spent years soul

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searching, researching and refining what I learned. It seemed too simple. But let's be honest. Traditional goal setting doesn't work. I knew I needed a new approach, and so do you. If you truly want to be more productive more successful and happier than

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ever before. You need to find a different way. A different mindset. Start - Proceed - Finish I've helped thousands of people to become more productive. Adopt this simple change to get clear and motivated on working on your goals: Start - Proceed - Finish.

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LEARN: How to Stop  
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struggle with completing projects  
or specific tasks? We'd all like to  
get things done and become  
more productive. But what often



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happens is we put off important tasks and let them slip through the cracks. The end result? We get overwhelmed by the amount of things to do. In other words, "procrastination" causes you to feel stressed when you're not completing tasks in a systematic

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manner. The solution is simple: Develop an "anti-procrastination mindset" where you take action on a daily basis and NEVER get overwhelmed by your to-do list. RIGHT NOW:: Develop "Anti-Procrastination Habits" to Get Immediate ResultsIt's not that

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Overcoming the overwhelm. (APH #8) Identify what's REALLY important in your life and then happily ignore everything else. (APH #1) Say "NO" to pointless tasks without angering your boss, friends or loved ones. (APH #11) Start your day by completing your

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most important projects. (APH #13) Take action on a task -- even when you're not in the mood to do it. (APH #17) Break down VERY challenging projects into an easy-to-follow blueprint. (APH #5) Organize your life so you're not buried in paperwork or your to-do



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List. (APH #4) Complete daily tasks, quickly and easily with a simple time-management technique. (APH #15) Get motivated when you don't feel like working on a goal. (APH #20) You don't have to be controlled by procrastination. You can

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Imagine stress-free productivity. Imagine guilt-free relaxation. Do you feel like you can't get yourself to do anything? Do you hate yourself for procrastinating? Do you find it impossible to relax because of the frustration and guilt that comes with

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procrastination? If you struggle with procrastination, then this book is your blueprint for crushing procrastination once and for all.

17 Anti-Procrastination Hacks: How to Stop Being Lazy, Overcome Procrastination, and Finally Get Stuff Done teaches

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Well, guess what? 17 Anti-Procrastination Hacks teaches you how to do just that. You will learn... How a racist church can help you get things done--fast! How to make a "tasty" to-do list that makes getting things done \*gasp\* enjoyable. Why getting

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started is the hardest part of overcoming procrastination (and 4 foolproof techniques to painlessly kickstart your productivity). And much more! Equip yourself with procrastination-proof methods for finally getting that work done by

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urge to procrastinate. (Backed by science.) Why visualizing success actually leads to procrastination (and how to visualize the RIGHT way and get yourself spurred into working). The surprising to-do list hack that lets you procrastinate and be productive at the same

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this ubiquitous issue head on, helping you stop putting off work and reclaim your time. Author Petr Ludwig shows that ending procrastination is more than a wise time management strategy—it's essential to developing a sense of purpose

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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



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## What You Start With 117

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postpone your important work for tomorrow? Have you got tired of trying various time management tools & tactics and always looking for anti-procrastination hacks? If you are sincerely looking for effective strategies to conquer your inner procrastinator,

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Things Done In Less Of Time  
Procrastination- NO MORE! is written to comprehensively address the menace of procrastination. It goes on to explain the key reasons, mindset problems and the language, which causes one to

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Mindset Bugs which rule the Procrastinator's mind and how these differ from a non-procrastinator's mindset with a



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focus on mindset development. 11 key Reasons why People Procrastinate (You will definitely find yours) Lastly, the most actionable portion of this book, 27 time-tested strategies, implemented by the productivity stars to beat procrastination and

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collaboration, and engagement. In The 5 Second Rule, you'll discover it takes just five seconds to:

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- Beat fear and uncertainty
- Stop worrying and feel happier
- Share your ideas with courage

The 5

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The Second Rule is a simple, one-size-fits-all solution for the one problem we all face—we hold ourselves back. The secret isn't knowing what to do—it's knowing how to make yourself do it. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Arial}

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push things until the last minute possible. It uncovers the biological and evolutionary science behind procrastination, and how we can beat these instinctual drives to triumph in our career and personal life. A plethora of studies are analyzed

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and put into illuminating contexts. Best of all, it's a book of scientific solutions boiled down to everyday usefulness. You'll be able to apply insight from this book immediately to slay your procrastination monster and get ahead of the pack. Eliminate

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stress, anxiety, and overwhelm over falling behind or failing.

Patrick King is an internationally bestselling author and

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