procrastination eliminator

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Not all procrastination is created equal! If you can figure out what's holding you back, you can apply various strategies to get yourself moving, and that's what this tool is all about.

The Procrastination Eliminator assumes that you have more than enough to do with your time, and yet you're wasting some of it and putting off important tasks. If instead you tend to procrastinate because you don't have a clear idea of the Dream you're being called to live, have too much available time, and no reason to get busy, then you should first ready Impactivity: How to Shift Your Productivity into Lasting Impact, and work through the workbook, Dream: Discover the Adventure of Your Life.

how to use it:

With a procrastinated task or project in mind, start with the first solid block in the upper left and ask yourself the question there.

- A "yes" answer leads you along the green, solid line to the next question.
- A "no" answer leads you along the red, dashed line.

Continue asking yourself the questions and following your "yes" and "no" answers until you've gotten the push you need to eliminate procrastination!

where to go next:

Once you've uncovered the cause of your procrastination, you'll find many other resources at impactivity.com to help you in specific areas.

- For in-depth in creating a routine of effective habits, including Habit Chains, see Habitize: A 7-Day Guide to Changing Your Life.
- For help in getting focused, protected time to work, see Focus: Get Farther by Mastering Work Tunnels.
- If lack of energy is an issue, you'll find practical advice on building energizing rest and refueling into your life in Rest: A 5-Day Meditation on a Critical But Lost Art, and Refuel: The Ten Best Ways to Enjoy Your Life.

And we hope you'll subscribe to The Impactivity Podcast, where we hash out all of this stuff on a weekly basis, and talk about how to pursue the God-given Adventures of our lives!

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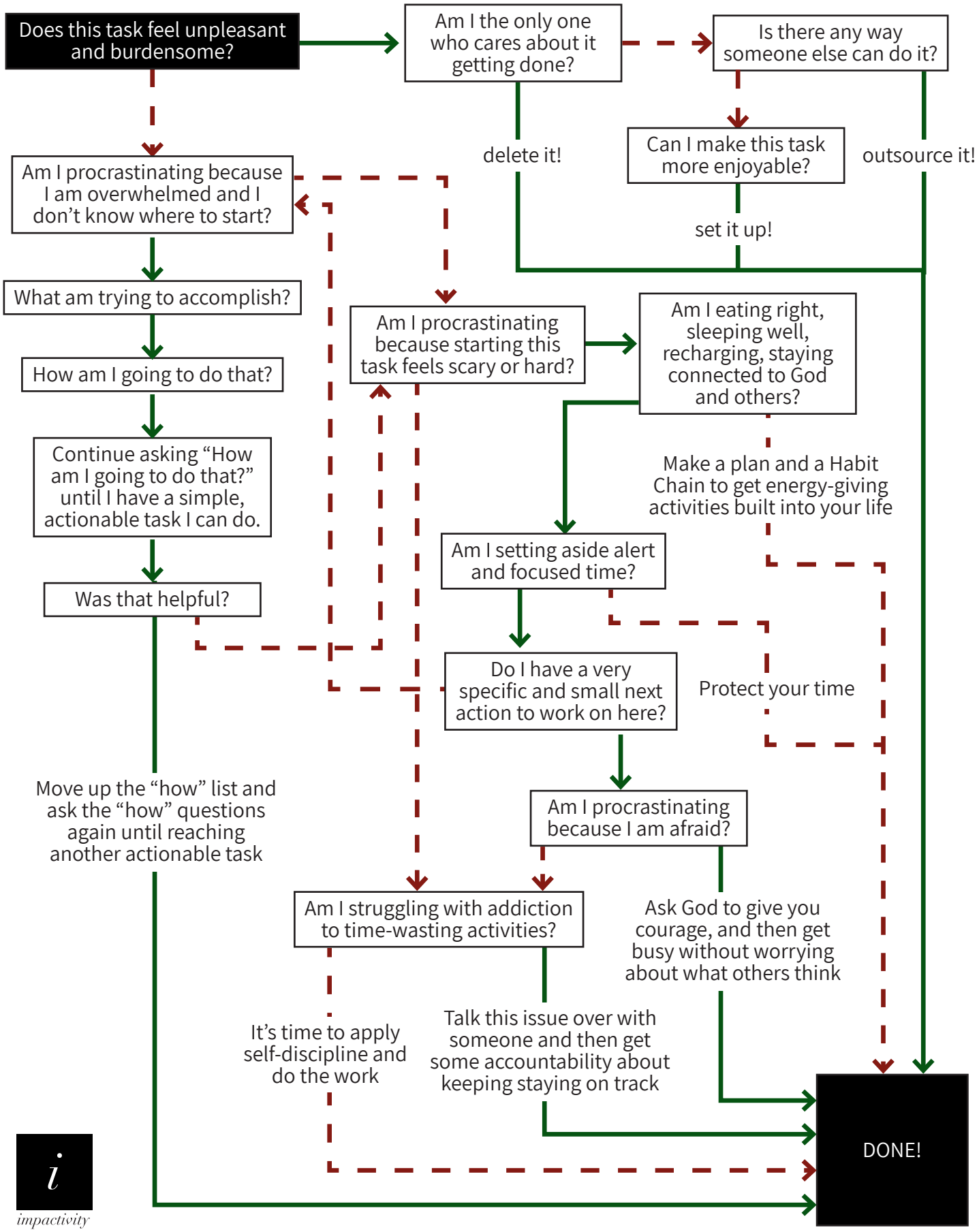

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