



THE PROCRASTINATION PUZZLE



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Introduction



Procrastination kills productivity, and it can make you second-guess yourself.

- Why can't I get the stuff done that I need to?
- What's wrong with me?
- I thought I would be in a much better place financially by now.
- It's not that these things are hard. I just don't seem to be able to get them done.
- Why does my to-do list seem to grow overnight?
- I have big dreams I know I can make happen if I can just get started on them.

Maybe you don't need to be convinced that your procrastinating habits are causing problems. That might be why you are here right now. You are fed up with your seemingly unbreakable habit of putting things off until later. You've seen the damage this can do in your personal life and perhaps at work.

By the way, we mention the word habit for a reason. That's what procrastination is. Procrastination, like getting a tattoo, is rarely a one-and-done deal. You consciously put things off so regularly that it becomes an unconscious habit. Where procrastination is concerned, this happens for one very important reason.

Your brain loves you.

Your brain is always trying to keep you alive. It wants you safe and sound. So when you are presented with a decision to do something that might make you feel stressed, anxious, uncomfortable, uncertain, a little fearful, or downright terrified, your brain convinces you to worry about it later.

Your brain reasons that all the stress you're feeling about something you need to do is harmful to you. So it recommends procrastination. Why not put it off until later, and deal with it then? If you say yes to your brain, the stress instantly starts to go away. The problem is that when you do this over and over, procrastinating can become a habit in many areas of your life.

This process of your brain trying to get rid of stress in your life is why taking quick action is necessary. You act before your brain can get in your way, which is the key to beating procrastination.

Just as unproductive habits form because of negative repetitive actions, you can form positive habits to start getting more done and take a lot of stress out of your life.

Procrastination doesn't remove stress. It just puts it off. Before you know it, you have so many things to deal with that the amount of stress you have is many times greater than what it would've been if you had dealt with each situation individually on time.

We want to help you avoid procrastination's negative impact on your life. This guide offers strategies to help you get more done in your personal life and on the job. This means less stress and fewer negative emotions, more achievement at work and fulfillment at home, and a better quality of life.