Avoid Procrastination by taking ACTION!

* Acknowledge your procrastination
* Check your choices
* Tell yourself the truth
* Identify your goal(s)
* Organize your plan
* Normalize the habit

The 5 Seconds Method – All It Takes is 5 Seconds

Think about a task you want to do

Envision the first 5 seconds of that activity

Do the first 5 seconds, then the next 5, then the next…

OR

Think about what you want to do

AUDBILY count to 5

Do the action by the time you get to 5

E-Box

Motivation

Go Outside

Focus on ONE Task

Clear to Neutral

The “Low Effort” Hack

Self-Discipline

The Development of Habit

Tasks Resistant to Excuses

Tasks that Don’t Add Extra to Your Day

The Cold Shower Challenge