

Procrastinator to Producer

TIPS TO SUCCEED

Use the Workbook

The workbook and corresponding Action Steps are here to help you apply what you've learned and re-program your mind to take action. Make use of it. Print it out and pull the trigger on those Action Steps.

Expect it to be Hard; Yet Expect to Succeed

This program asks a lot of you. Not because I want to torture you but because I want to create a powerful transformation for you – and that's only possible by challenging you and pushing you to your limits and asking a lot from you.

To succeed with this program and make real headway in terms of building self-discipline and reducing procrastination, expect to be challenged and expect to succeed in spite of it.

Be Patient. Be Kind With Yourself.

As you move through the program, and more generally on your journey from procrastinator to producer, there will be setbacks and difficult times. During these periods, please be kind with yourself. Forgive yourself for any “mistakes” and get back on track.

Do What Works For You

Everyone's needs are different, so do what works for you. Go fast. Or go slow. Start with Module One or with Module Seven. Go through the entire course on a weekend or go through one Module per week. Do what works for you.

Get the Help and Support You Need

Jack Canfield says it best: "Ask! Ask! Ask! You have nothing to lose and everything to gain by asking. To be successful, you need to take risks, and one of those risks is the willingness to risk rejection. Remember to ask, ask, ask and say next, next, next until you get the yes(es) you are looking for."

My most successful students are usually the ones who aren't afraid to get the support they need. If you're stuck somewhere or you're losing motivation, let me know. Email me at nils@njlifehacks.com.

Notice and Acknowledge Small Wins

When motivation hits a low point, ask your mind to come up with a few wins you've had so far. What's your completion percentage? What videos have you watched already, and what's one key takeaway? What Action Steps have you completed already?

Get Back on Track

As you work your way through this program – and as you go through any endeavor in life in general – you are bound to lose motivation at one point or another. That's natural. That's to be expected. We always feel the greatest amount of motivation at the beginning and then ups and downs are bound to follow.

When motivation hits a low point for you, you might fall off track. You might stop. You might not do anything for a week or two or four. It happens to all of us.

Now, should that happen for you, please don't make a big deal out of it. Instead, once you feel inspiration coming back, just get back on track.

Do it in Big Chunks

Going through the program in 45-90 minute blocks is much more rewarding and beneficial than doing a few minutes here and there. Block off the time in your schedule and dedicate yourself as fully and distraction-free to the program as possible.

Only got five or ten minutes? Watch one of the mindset videos as they don't have any Action Steps associated with them.

Above All, Do the Work

This course asks you to do two things:

- 1) **Consume information.** This includes learning about your own behavior, learning about strategies, tools, and tactics to beat procrastination, and so on.
- 2) **Take action.** This includes trying strategies in your own life, doing recommended journaling exercises, making recommended changes to your environment, and so on.

While both elements are necessary, it's the latter that's of far greater importance. There are two reasons for that:

First, actions create more powerful transformation than mere knowledge ever could. You can read all the books in the world and learn fantastic ideas and tactics, but they won't create any meaningful change unless you apply them to your own life.

One of my all-time favorite quotes illustrates this point beautifully. It's from *The Kybalion*: "The possession of Knowledge, unless accompanied by a manifestation and expression in Action, is like the hoarding of precious metals — a vain and foolish thing. Knowledge, like wealth, is intended for Use. The Law of Use is Universal, and he who violates it suffers by reason of his conflict with natural forces."

Second, taking action will re-program your mind. Procrastination is the habit of postponing action. We want to change that habit and create a new one – a habit of taking action whether we feel like it or not. So when you don't feel like following through with a particular action step I

recommend, realize it's your old procrastination habit at work and realize that you get a chance to challenge that habit by actually doing what I recommend you do.

Slowly but surely this will re-wire your mind so that taking action will become the new default. But that will only happen if you follow through and do the work.