

HOW TO AVOID PROCRASTINATING

LESSON ONE



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What is Procrastination?

- **Definition:** Procrastinating: The act of _____ or _____:
- Many people are consciously or subconsciously delaying and postponing _____ things. They have allowed _____ to corrode away _____ time keeping them from _____.
- **Top Points of Procrastination**
- **Procrastination is an _____:** The enemy of procrastination is productivity and the enemy of productivity is procrastination
- **Procrastination wastes _____:** Time is priceless and there is a certain amount of time to do certain things
- **Procrastination rearranges _____:**
Procrastination is the result of priorities being out of order. Everyone has priorities it is evident in what receives the most time and energy/focus.
- **Procrastination Prolongs _____:** Procrastination prolongs one's purpose and lengthens the gap between where they are and their full potential. Procrastinating one day can push your dreams back 6 months
- **There vs. Here:** Procrastinating here will never get you there