



Become
LIMITLESS



YOUR JOURNEY TO LIMITLESS LIVING:
GAIN CLARITY, LIVE YOUR VISION AND REINVENT YOURSELF.

KELLI LAW

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Pushing Past Procrastination

If you're one who likes to delay things, then pay special attention to this area of focus because it has great potential to be life-changing. First, know that you're not lazy because you keep pushing things off. At its core, procrastination is about emotions, not productivity. The solution doesn't require more self-control. It has to do with managing your emotions in a new and more efficient way so you can finally get things done. By changing how you perceive a task and why you feel a certain way about it, then you're more likely to address it head on.

For example, doing your taxes may be scary to you (or maybe it's just me) because you've never learned how to do it yourself. However, knowing that you can just give the necessary numbers to an accountant and let them handle it, seems far less difficult.

What are things you've procrastinated in doing? Why?

Procrastinating on:

Why?

01

02

03

04

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06

07

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Pushing Past Procrastination

Now let's say you have what seems like a monstrous task that has you dragging your feet, try adjusting the wording of the task so it feels less intimidating. For example, instead of "I have to clean the garage," rephrase the task to emphasize the benefit: "I'm going to clean the garage to make room for my new home gym." You'll find that by rephrasing the task by identifying its more desirable results, you're more likely to get it done.

Rephrase these procrastinated tasks below so they become more desirable to complete.

Think about what you'll gain and how you'll feel by getting them done.

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