

The Brendon Show

with

———— BRENDON BURCHARD ————

Overcoming Procrastination

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Overcoming Procrastination Training Guide

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SUMMARY

This episode is about overcoming procrastination with three brain hacks. When practiced, these methods will increase your productivity, improve your clarity, and help you get more done and worry less. It's time to do your life's work and live fully in alignment with your MISSION.

Follow along in the training with the notes below, then finish the sentence completion exercise to turn these brain hacks into habits that help you to overcome procrastination!

1) Project Plan

You're more likely to do something if you have already prepared and stepped it through. Project plan your day the night before to get a head start and increase clarity. Knowing your next steps helps to eliminate anxiety and procrastination. If your mind can't see the project through completion, your heart will ask to pause. Write out the steps it will take to complete a project, including an estimated timeline. Then, work backwards from that point to create your to-do list for the next day.

2) Visualize

Visualize yourself through each step of the day. In the morning, afternoon and evening, as you approach your project, visualize how you will feel during each step. Imagine how you'll feel when you are confronted with a challenge. This allows you to be prepared to handle struggles or setbacks throughout your project progress. This will also help you generate excitement for the project, increasing the likelihood that you'll complete it.

3) Socialize Your Agenda

Socialize your agenda with other people by sharing your goals, what you'll do the next day, and when you'll complete the project. If you speak it, it will become more real. When other people know your ambitions, it helps you to stay accountable. It's harder to procrastinate when your name, integrity, and relationships are on the line.

Practice these three brain hacks in your day-to-day workflow to improve your productivity. When you use these simple practices, you are more capable of overcoming challenges, dealing with overwhelm and anxiety, as well as reaching the next level of high performance. Your mission deserves it! Let's do this.

Sentence Completion Activities

On this page, Brendon begins sentences that you are to complete.

There are no right answers. Take this as an opportunity to think and write. Sentence completion activities can be powerful, if you actually write about the answers. Simply reading the phrases has little effect. Profound insights and ideas arise when you put pen to paper!

1. The project I am embarking on can be described as...

2. I will remind myself to project plan each week by setting up these reminders or systems...

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3. When I complete the project, it feels like this...

4. One challenge that may arise while I work on this project is....and the way I would handle that challenge is by....

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5. The three people I am going to share my agenda with are...

6. A project that I have not shared with anyone (but will start now) is...

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