

Procrastination Tips, Tricks, Hacks

By Bruce Seidman, aka Bruce Coastal (brucecoastal.com)

“Knowledge into Action” for all areas in your daily life!

“I am an _____ ADDer:
Attention, Distraction, Dilution

The best guy to teach water safety is the
man/woman who almost drowned

- David Sandler

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Jeff Tytel, LinkedIn Tips, **last Monday's Breakfast Club**, AMAZING tips & hacks if you were not there the beginning of the week...

WHY DO WE PROCRASTINATE?

...not today, Ladies & Gents...

... TODAY IS just TIPS, TRICKS, HACKS

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I’ll share tips and tricks that work for me

Procrastination Excuse: **“THE WATER
COOLER OVERTURNED”** (let that sit)

~John Maxwell

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Understanding The Water Cooler Excuse is half the battle...

Call me “Captain Obvious,” but...

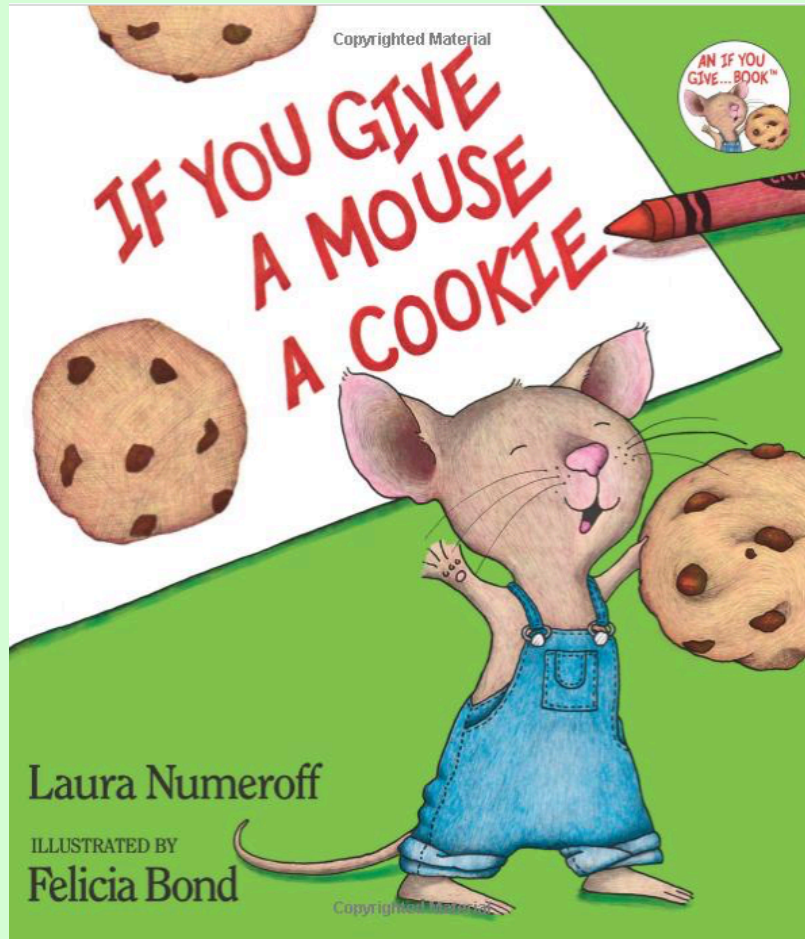
**BATCH YOUR WORK
BLOCK YOUR TIME**

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If You Give A Mouse A Cookie...

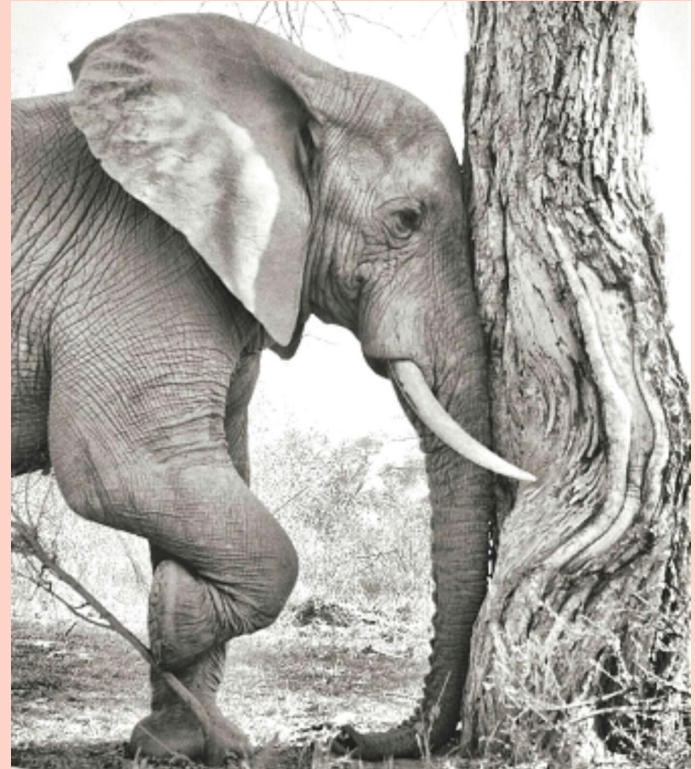


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Chew only a
single sliver
of the
elephant at a
time! Just START!



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Location, Location, Location

Me? I’m a highly visual creature...

How about YOU?

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APP: FOCUS MUSIC: Brain.fm

A HUGE ‘needle-mover’ for me

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WORK =
Task, Project, mini-task,
mini-project.

JUST START: even if you don't finish. **Just Begin:**

Pody's Nerfect

I do this ALL the time: dishes, house projects, website, dialing, computer work

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I FOCUS way better OUTSIDE , with or without

sunlight

sunlight

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Strategy For Email Interruptions

A Schedule You Follow For Email That Works For You.

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GIFTS

Work is enjoyable when it's in your Gifting Zone.

When the work is NOT in your Gifting Zone,

JUST START.

Batch the Work. Block the Time. Pody's Perfect.

Finish in a different Block, on a new day.

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JOURNAL

The night before, journal your Top 3 items that you must either complete or start for tomorrow.

AT the end of the next day, journal how you did.

Don't be harsh when you don't finish or missed something altogether. Write out your feelings.

Lather Rinse Repeat. Write out your Top 3 Items for tomorrow.

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brucecoastal.com/procrastination

BONUS: WHY WE PROCRASTINATE

- Root Causes: (my opinion...)
- --AM I WORTHY? Rooted in Self-Esteem. The Growth Path ongoing methodology, created by John Maxwell & preached by Growth Path COACHES
- --ADVERSE CHILDHOOD EFFECTS (ACE score is a real thing now)
- --PERFECTIONISM (BTW, is NOT the root cause of Procrastination)

Pobody's Nerfect!