

# No More Excuses No Procrastination

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline.

## 3 HACKS ON HOW TO STOP PROCRASTINATING

### TRICK YOUR BRAIN INTO TAKING ACTION

Entrepreneur Mel Robbins discovered a hack when she created her famous 5-Second Rule. She encourages her followers to countdown to action after realizing that the simple act of saying (out loud) "5 - 4 - 3 - 2 - 1!" can spur you into action where nothing else will – not all the reasoning and therapy in the world.



### THE TWO-MINUTE RULE

Don't let small tasks bog you down. For every to-do that lands in your inbox, immediately assess the time you expect it to take. If it's less than 2 minutes, do it right now.

### ONE TASK AT A TIME

Being overwhelmed is another common cause of procrastination. Breaking a big project or goal into smaller pieces makes it easier to tackle – and psychologically far less daunting on how to stop procrastinating.



# Stop Procrastination

**JL Elias**



**Stop Procrastination:**

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