

# HERE ARE 7 WAYS TO OVERCOME PROCRASTINATION



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## KNOW WHAT YOU'RE UP AGAINST

It's crucial to be aware that you're procrastinating. Resistance leads to procrastination. Resistance is good because it indicates that the more you resist doing a task, the more important it is for you to complete it.

## BECOME A PROFESSIONAL

There are differences between amateurs and professionals. If you are a professional, you'll feel proud of your work. You'll show up daily no matter what. You'll work through adversity and be open to criticism and improvement.

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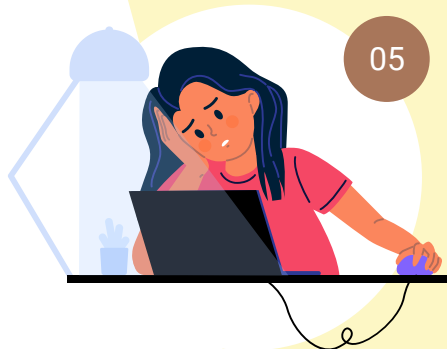
## REWARD GOOD BEHAVIOR

If you achieve your goal, there will be a reward. Celebrate as soon as you complete an important task! Even a small reward can be a great motivator—maybe it's a coffee break, a walk around the block, or even a mini-vacation. Thanking yourself for your successes will make a big difference in your life!

## SIMPLIFY THE DECISION-MAKING PROCESS

Having to make decisions over and over again wears you out. You can focus on getting things done by eliminating the number of decisions you need daily.

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## OVERCOME THE INITIAL RESISTANCE PHASE

Suppose you can sit down and start doing the work, even from a really small task. In that case, you'll get yourself through procrastination. Things will slowly start into place.

## LOWER YOUR EXPECTATIONS

You continue struggling with procrastination because you put things off for the fear of not doing it right.

How about you decrease the expectations of perfection and begin doing the work? There's always room for improvement.

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## DO THE LITTLE THINGS; START SMALL

If we can do one little thing every day, we will soon realize that the task is not so overwhelming.

