

How To Eliminate Procrastination

By Jason Fladlien

Eliminate Procrastination

Intro

Actually, procrastination doesn't exist.

It's a figment of your imagination. It's definition is simply "prolonged hesitation". But think about it - do you ever hesitate to hesitate? Don't you actually IMMEDIATELY act on procrastinating?

So you don't procrastinate... ever. That's good to know - because if you have created an identity as a procrastinator, that's not good. Get rid of that identity now.

One of the easiest ways to do that is with the step by step process I have outlined below. Best of all - it only takes a few minutes to do this... at first.

Then it's quicker and quicker and quicker. Pretty soon it will automatically form a new identity for you - you'll think of yourself as someone who immediately acts upon the things that will bring them closer to their goals.

Sound good? Let's do it!

Your ACTUAL To-do List

I want you to think of a painting in a museum. Not any normal painting - I want you to think of one that looks hideous. Ugly. Drab. Cluttered. Completely unattractive in every way.

Got it? Now let me ask you a simple question - would you be attracted to such a painting? Would such a painting make you feel good inside when you looked at it? Thought about it?

No. That's why such paintings don't get placed in museums.

Now get this - you have an image in your mind of today's to-do list. And if you're someone who has trouble acting on the things you know need to be done - I can *guarantee* you that your "mental to-do list" resembles the painting I have just discussed.

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Having worked with hundreds of people on this who struggle with "procrastination" - here is what I have noticed: Their mental to-do lists usually are VERY cluttered. It's out of focus. Unattractive. Brings negative feelings when the person thinks about it.

Simple question - if that's you, can you see why it's so hard to get things done?

On the other hand - those I have worked with who are high achievers... those who immediately act on good ideas... those who seize the day... and not have to deal with procrastination... guess what?

Their mental to-do lists are so attractive looking... so clear and in focus... that they feel wonderful just thinking about the tasks they have to do. If you painted their mental to-do lists on a canvas, it could be beautiful enough to hang in a museum.

THAT is the difference.

Your Mind Is A Television

I know more about your mind than you do. For example, I know you can influence the images you conjure up in your "mind's eye".

The pictures, images and movies you create in there are like your "inner television". And just like an actual television - you can modify the pictures.

You know on a TV how you can turn the brightness up and down? The contrast? The sound? Even the size of the picture? You can do all those things and more with the pictures you create in your mind.

And the good news - it's incredibly easy!

But You Are The Producer

There is one key distinction though about the "mental television" you have and an actual one - in the mental television - you are also the producer.

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You can create your own movies... your own images... anything!

That's good news because what we're going to do is create a mental to-do list for you that's so attractive - you naturally want to do the things on it. And if you do that - guess what? You will have beaten procrastination!

The First Step

I want you to think about the things you'd like to get done over the next 24 hours. How do you represent those in your mind?

First, notice the content of the picture. Are there a lot of things going on? A lot of different tasks you'd like to complete? Does it seem slightly chaotic - or overwhelming? Chances are, it does.

Okay, so the first role as "mental movie producer" is to get rid of the chaos! Here's a fact: it's very hard to do more than one task at a time. Especially "high level" tasks. Sure, you *might* be able to walk and chew bubble gum at the same time.

But could you write a book and play piano at the same time? Nope!

So your mental to-do list should never contain more than one item on it at a time. Just the one you'd like to do next.

That's it.

Doing this alone - just focusing on one task at a time - will do wonders for your feelings. You won't feel overwhelmed. Therefore, you'll feel good about just doing whatever needs to be done... so you can cross it off your list.

But we're just getting started.

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Change The Picture!

Notice now that one task you have to do in your mind next. Question - is it in focus or out of focus? For most people who have trouble getting stuff done - it's usually out of focus. Try this - turn the focus up.

What, you didn't know you could do that? Hey, it's your mind. Just like you can turn the contrast up on a television, you can do that with whatever mental pictures you create. So just bring it in focus.

Then notice how you feel - does this make you feel stronger about getting that task done? Tweak the focus until you feel as strong as possible about getting it done.

Next - notice the colors. Are they bright and vibrant, or drab and boring? Most people who have trouble getting stuff done use very dull colors in their mental images when thinking about their tasks.

Just like you can turn the color ratio and brightness up on a television, so can you with your mind's images!

So do it. Brighten the colors up. Outright change them if you wish. Experiment! Everyone's mind is different - but you WILL know when you find the colors and brightness that are best for you.

How? Because it will *change* your feelings about the task you have to do next. The better the color combination and brightness, the more excited you will be to do that task.

Next up is size and proximity. How close is the image you created in your mind? Could you reach out and touch it, or is it in the distance. Bring it up real close to you. Move it to the center. The right. The left. Move it away.

Find the location of the picture that makes you feel best about acting on that task. Again, it will just "feel" right. Do the same with size. Double the size of the image. Double it again. For some people, bigger, larger than life pictures make them motivated to act immediately on the task.

For others, it's smaller pictures. How do you know? By doing the exercise and noticing how your body responds.

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It's all about messing around with the different things above until you get the right combination that just makes you feel so incredibly good when you think about the task at hand! That's the secret to immediate action - associating great feelings to getting stuff done.

Now Check The Sound

For some people, there will be sound accompanying their mental to-do list. Usually it's their internal dialogue. That "voice" inside your head.

Do this - listen to the tonality of the voice. Does it sound strong and powerful? If you struggle with procrastination it probably doesn't.

Million dollar tip: the more often your practice powerful "internal dialogue" tonality, the better you'll feel, and the more you'll get done.

Know this - communication is largely NON-verbal. It isn't so much what you say, but how you say it. It's true internally as well. Try this - say "I will never amount to nothing..." in a wimpy, pitiful, crybaby voice.

Now say the same line again in the most sensual, sexy, seductive, powerful voice you can - "I will never amount to nothing..." I like to use soul singer Barry White's "sexual chocolate" voice to say it.

Question - how do you feel when you talk to yourself in a sensual, seductive, powerful voice? Feels good doesn't it? Even if you belittle yourself by saying "I will never amount to nothing..." it doesn't affect you, because the voice is so strong.

What if you had that same voice in your head telling you that you WILL achieve your next task in wonderful, powerful and exciting ways. Now you're combining great verbal commands with powerful tonality.

Awesome. I also like to add music in there... 50 bold, strong choir singers singing about how wonderful I will feel doing the task and a powerful "star wars" style orchestra to pump me up and make me feel good.

The result? I get a TON of stuff done... and more importantly - I feel wonderful doing it! And you can do the same.

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Best Of All

If you do this a few times, it will become habitual. Or what I like to call your "default setting".

Soon, just by association, you'll naturally start thinking of your next task... and it will be in a beautiful, attractive image that makes you excited. It will be accompanied by a powerful inner voice of encouragement.

You will begin to link so much pleasure to doing the things in your life that will bring you success... that success will be inevitable.

So get started now!

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