

How To Cure Procrastination

- Productivity is simply getting the result you want. If you get the result you want, then you are productive. If you don't get the result you want, then you're not productive. When you define productivity this way, it keeps you from confusing being "busy" with productivity.
- The key to creating a happy, successful, satisfied life is learning to get the results you want - rather than the results that other people want you to have. Wake Up Productive is about designing your life so it happens AUTOMATICALLY.
- Use your willpower to create new habits. Once you build a new habit, then you don't need to use your willpower anymore, because you do the new behavior naturally and automatically.
- We are creatures of habit. We think, feel and do the same things, day after day. Maybe in a little different order, but we are basically doing the same stuff every day... in habitual patterns and combinations. Habits are the internal paths of least resistance.
- So where is the place we can invest our energy to get the biggest return? It's in creating new habits - and specifically, habits that bring us the highest possible success and returns. This is the path to accelerating your success in life.
- In the beginning, you need a lot of extra energy to overcome the gravity of your original habits. I call this "Habit Gravity"... and I call the point where you get free of the pull of your old habits "Escape Velocity."
- When doing a new habit, you actually get a couple or few days of help... because you're excited and optimistic, but things quickly change, as your system goes into resistance.
- Days 1-10: Optimism that turns rapidly into avoidance and even defiance
- Days 10-20: Strong resistance that begins shifting to seeing the light at the end of the tunnel
- Days 20-30: Acclimation & increase in productivity - becomes a natural part you
- You have to set things up so that you DO this new habit every day, so that it takes root, and becomes a part of you.
- Tip: Do new habits early in the day, when you still have willpower.
- Inevitability: Set up your environment to make success automatic - and inevitable.
- "Start Now, Don't Deviate!"
- Put this reminder sheet somewhere that you'll see every night before bed, and first thing in the morning when you wake up - to get you on the right track.