

How To End Procrastination and Change The Rest of Your Life for The Better—In Only 15 Minutes!

Is chronic procrastination stalling you? Do you feel like you have so much on your plate you'll never get anything accomplished? Do you regularly give up on your tasks and spend time on non-essential activities (like surfing social media)? If you could make the rest of your life more organized, more productive, and more satisfying with a simple, daily activity that ended your overwhelm forever **and** it only took 15 minutes, would you do it?

During the semi-annual meetup of my mastermind, led by the Yoda-like Ray Edwards, we did an exercise that helped end my recent flirtation with procrastination and get me moving again.

We took five minutes to list five (or more) short tasks that needed to be done—today—and listed them out.

Next, we took fifteen minutes and worked on those tasks.

Phone calls got made. Airline reservations got made. Social media posts got made. Blogs were written. Email clutter was unsubscribed from.

Some of us even completed MORE than five tasks--eight, or even ten.

We had all been procrastinating on them and it was slowing our progress down.

When we were done, there were a couple of tasks left on my list of five.

But I had attempted to get them done (One was checking in for my flight home, but it was too early by ten minutes so I couldn't do it.).

The relief I felt was enormous. My overwhelm was down to a manageable size. And each task I completed was productive.

Every. Single. One.

Each of them moved me forward.

I had exercised the procrastination-busting tool of "picking the low-hanging fruit." I felt like I could tackle even more now.

(It sort of reminded me of the 90's T.V. show my kids used to watch called "The Big Comfy Couch." They did a segment called the "Ten-Second Tidy" where you ran around and cleaned up as much clutter as you could in ten seconds.)

Some of us found it so helpful that they formed permanent online workgroups that now meet twice a week to continue the exercise, for the structure, accountability, and progress.

Something entrepreneurs, as I am sure you know, often lack. What a resourceful idea.

If overwhelm has YOU flirting with procrastination or is slowing your progress on those Q1 goals, then this exercise is for you.

It'll be a "ten-second tidy" for your brain.

You'll see progress on your daily, weekly, and monthly tasks and goals. Your "to-do" list will shrink to a manageable size. Your feelings of overwhelm will disappear and in their place you'll feel empowered to tackle every project and build momentum, moving your life and your business forward by leaps and bounds. The limits of procrastination will melt away.

And...it will change your life, in 15-minute increments.

Try it, then
[Click Here]

to let me know how it worked for you.

BY THE WAY: Did you catch my latest interview on the Profitability MD Podcast, with hosts David Mulvaney and Matt Hutchins? Check it out [here](#) or on [their YouTube channel](#).