



# PROFILE OF A PRODUCTIVITY KILLER: PROCRASTINATION



## FIRST, LET'S BUST SOME MYTHS...

- Procrastinators just aren't motivated enough.
- Procrastinators are weak willed.
- The Procrastination Personality.
- Playing the Blame Game is totally going to fix this.



## WHAT IF...

- What if procrastination is just part of the human condition?
- What if some people have just found a better way to work through it?
- What if procrastination is not a time management issue at all?



## PROCRASTINATION ALTERNATIVES

- Start Easy.
- Start Anywhere.
- Feel like beating yourself up? **Do the exact opposite.** Use compassion instead.
- Remember your **why**.



## CLICK TO TWEET:

**NINJA NOTE: PROCRASTINATION IS A SELF INFLICTED WOUND. YOU'RE GONNA HAVE TO PULL THE KNIFE OUT OF YOUR OWN CHEST.**



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