



5 Focus Strategies to Successfully Overcome Procrastination

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Procrastination: it's something many of us do, no matter what the task.

We know that putting something off doesn't help us and only makes things worse by adding stress to our lives, but knowing this only makes us procrastinate more.

How can you stop this vicious cycle, use your time more effectively, and get your tasks done sooner?

Follow these 5 strategies and practice them frequently. With some time and patience, you'll find yourself getting more done, more often.

Soon you'll have more time for enjoying the things you love the most!



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Imagine how much better your life would be if you could kick the procrastination habit out the door. Unfinished tasks have a profound effect on your sense of well-being and peace of mind. Living with the stress that procrastination can cause isn't necessary. Start using these strategies and remove the challenge of procrastination from your life. **You'll be so glad you did!**

1

Get Help

One of the biggest reasons for procrastination is feeling overwhelmed. But sometimes, not all the tasks on your list need you to handle them. You can **enlist the help of others by delegating some of your tasks.**

Getting help doesn't mean you're weak. It simply means that you want to take action.

2

Try using the "Focus Sprint Method"

One way to avoid procrastinating on essential tasks is to set a timer for a period that might appear short to you. But don't set the timer so short that you can't get through it.

Instead, set the timer for 20-25 minutes and let yourself get through the tasks. Setting a timer for a brief period like this -- and shutting out all distractions for that period -- forces you to stay focused while knowing that you have a deadline.

When the timer goes off, take a 5-minute break.

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3

Set small goals

Many times, we feel overwhelmed with a task, so we continue to put it off until we have no choice but to complete it.

Now, throw on all the new projects we receive while we put off the first project, and you have a prime equation for some serious procrastination.

Setting small, quickly achievable goals can help you avoid procrastinating in the first place, so you don't get overwhelmed.

4

Pick the best time to do it

We all have times of the day when we're better at certain tasks.

We have times when we're better at concentrating, others when we're more creative, and other times when we have more energy.

What's the proper time for you to tackle the task? Perhaps you need quiet and privacy. What time of day can you get that.

Do you need access to certain people for the task/project? Coordinate in advance when it's the best time to work together. Put it on the calendar.

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5

Reward yourself!

*Promise yourself a reward for completing the tasks.

Decide on something you want to have or want to do, and allow yourself this luxury once you've completed the task at hand. **You've earned it!** It doesn't have to be anything big, but we all like a little treat now and then..

A little additional motivation never hurts anyone. **Be proud of yourself for stopping the cycle of procrastination.**

Escape the Hustle and Learn the Secrets to Working Less, Earning More, and Enjoying Life!

You're invited to join our **FREE** Masterclass **"The Art of Working Less"**
Achieve More Freedom, Reduce Burnout, and Increase Your Income

In this FREE masterclass, here's what you'll learn:

- The 4-Block Framework for achieving work-life harmony. *Take control of your calendar and take back your time.*
- How to spot and cut out distractions. *Stop the energy-drain.*
- The strategies that amplify your efficiency and output. *Get more done.*
- How to easily take days off. *Relax and recharge without the stress of playing catch-up.*
- The key to increasing sales and revenue in *less time.*

[Yes, Save My Seat](#)



Meet Ann Rusnak



From childhood dreams of entrepreneurship through lemonade stands to a thriving home-based design business, my path seemed set.

But success's shadow loomed large—I was winning in business but losing in life, with health and family time paying the price.

A wake-up call in an ambulance taught me hard lessons about balance. I reinvented my approach, creating a system that turned minutes into profits without sacrificing my well-being.

Now, I share this magic through the Simplify Your Success System™, showing entrepreneurs how to achieve the same: more income without the burnout, and a life enjoyed to the fullest.

RAVES



"Ann This System is Unbelievable... I had my best month back in February. I topped that in May by passing last years income. It's been a breakthrough year. By the end of July or middle of August I should hit the leaders criteria for my company which I've only made once in the last four years... So it's very exciting."

~~~Joe Redmond III



I knew I was putting things off that needed to be done now. Today I'm making my schedule and have attained goals, not only in my business but in my personal life too.

~Amy Smoyer



"You have helped and my team focus on what is important to business profitability, so we stayed focused to complete projects on time. The ROI far exceeds the cost of the program!"

~Tracy L. Jones



"This week had been a game changer. Thanks to Monday's training, I told myself daily I ROCK! and intentionally carved out time for my business and stuck to it. I closed my office door and got busy. That yeilding in 4 new one to one appointments on my calendar. Yeah Me!

~Laura Moore McNeely

