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**From Procras-**

To Creative  
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Genius In 15  
**To Creative**

Minutes A Day

**Genius In**

**15 Minutes**

**A Day**

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Genius In 15

*Minutes A Day*

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*How to Stop*

*Procrastinating*

*and get things*

*done like a*

*brute force*

*machine that*

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*will not be  
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*| Mel Robbins*

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Motivation

Affirmations

While You SLEEP,

End



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Procrastinating

How I Beat

Procrastination

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Using the  
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A Budget - How

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~~To Invest Like A  
Millionaire Ep.3  
SCRUM: Twice the  
Work, Half the  
Time New Study  
Reveals Why You  
Procrastinate  
(Not Laziness or  
Time Management)~~

---

Get yourself to  
take action: THE  
WILLPOWER

INSTINCT by

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Kelly McGonigal

Ph.D. **DAVID ALLEN**

**- HOW TO GET  
THINGS DONE -**

**Part 1/2 | 15**

**London Real** How  
To Stop

Procrastinating  
and Overcome

Procrastination  
To Be More

Productive

~~Getting Things~~

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| Brian Tracy  
How To Get  
Things Done And  
Stop~~

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Done From

Procrastination

"Get It Done,  
from

Procrastination

to Creative

Genius in 15

Minutes a Day"

is a book with  
suggestions, how-  
tos, and clever  
ideas to help  
anyone (but  
especially

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artists) choose their work, get their work done in a time frame (by working 15 concentrated minutes a day), and complete their work.

Here's are some chapter titles:

Get it Done:

From

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Procrastination  
to Creative  
Genius in 15 ...

9 Ways to Stop  
Procrastinating  
and Get Things  
Done 1. Set your  
wake-up time a  
half hour  
earlier  
tomorrow.. Use  
the extra time  
to think about  
the best way to

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spend your day.

2. Memorize and repeat this

motto: "Action

today, not 15

tomorrow." • Day

Handle each

piece of

incoming mail

only once.

Answer... 3. ...

9 Ways to Stop

Procrastinating

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and Get Things  
Done

Procrastination  
To Creative  
Genius In 15  
Minutes A Day

“No, I must get it done before deadline.” So, even though you procrastinate, there should be a way to beat that.

Fortunately, a few good techniques can help you buckle

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down and get  
your work done.

How To Beat  
Procrastination  
To Creative  
Consume 15  
Minutes A Day  
And Get Your  
Work Done. | by

...

So here, I have listed a few simple tips on how I get things done. Here are easy steps on

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how to avoid  
procrastination:  
1. Make a to-do  
list and stick  
with it  
according to  
schedule. For  
guidance, make a  
list of things  
you should do  
and better yet,  
make a timely  
schedule for  
them.

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Get It Done: How  
to Avoid  
Procrastination?  
- This Little

15  
Minutes A Day

Procrastination  
is the biggest  
killer of  
productivity. It  
saps energy,  
drains your  
motivation and  
stops you



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getting things done. Instead of moving forward, you're stuck in the same place - unable to get to where you want to be.

Get Things Done:  
6 Causes of Task  
Procrastination  
and How ...

Originally from  
*Page 25/50*

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Chicago and now  
living in a  
tiny, old-  
fashioned beach  
town outside Los  
Angeles,  
Samantha offers  
her  
revolutionary  
“Get It Done,”  
“Get Your Work  
Out There,” and  
“Creative  
Genius, . . .

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Get It Done:  
From  
Procrastination  
To Creative  
Genius In 15  
Minutes A Day

'Indeed,  
procrastination  
can be a sign of  
maladaptive  
perfectionism  
where the fear  
of getting  
something wrong,

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For even not  
doing it as well  
as we'd like,  
can paralyse  
action,' she  
adds.  
Habitual...

Procrastination:  
meaning,  
symptoms and how  
to stop ...

"Get It Done,  
from

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Procrastination  
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is a book with  
suggestions Sam  
Bennett created  
the Organized  
Artist Company  
and she wrote a  
book that is  
part coaching,  
part time  
management, and

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part kick in the  
butt.

## Procrastination

### Get It Done:

### From

### Procrastination to Creative

### Genius in 15 ...

Let's jump ahead  
with some tools  
and techniques  
that can help us  
to be more  
productive and

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beat  
procrastination.  
Tools and  
techniques to  
overcome  
procrastination  
1.

Beat  
Procrastination.  
GET (SH) IT DONE.  
| Lisa Johnson  
A 1992 study  
showed that "52%

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From surveyed students indicated having a moderate to high need for help concerning procrastination.

" A study done in 2004 showed that 70% of university students categorized themselves as



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procrastinators  
while a 1984  
study showed  
that 50% of the  
students would  
procrastinate  
consistently and  
considered it a  
major ...

Procrastination  
- Wikipedia

"Get It Done,  
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is a book with  
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anyone (but  
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their work, get  
their work done  
in a time frame

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(by working 15 concentrated minutes a day), and complete their work.

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Webinar . Course

Description.

Understand why  
you

procrastinate,

avoid, and feel

overwhelmed when

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your  
organizational  
and decluttering  
intention does  
not align with  
your follow-  
through .

Procrastination  
to Organization:  
Get it Done! -  
Different ...

Psychologist  
William Knaus

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From  
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outlines a step-  
by- step plan to  
get over  
procrastination  
by recognizing  
its causes,  
building  
positive  
feelings towards  
what needs to  
get done, and  
implementing  
effective  
solutions that

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help you cut bad  
habits to  
successfully get  
more done in  
less time.  
You'll learn.

End

Procrastination

Now!: Get it

Done with a

Proven ...

20 Tips to Get

Rid of

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Procrastination.  
Don't try to do  
all your work in  
one go - you'll  
get bored and  
cranky and  
you'll want to  
find other  
things to spend  
your time on;  
Make a time  
plan; Listen to  
yourself; Be  
honest with



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yourself... ..and  
NO excuses! Get  
the initial rese  
arch/workings/re  
adings out of  
the way first;

Get it Done: 20  
Tips & 20 Links  
to Eliminate  
Procrastination

Reading  
procrastination  
quotes can be

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From the wake-up call that you need to get going on that important project you've been putting off, make that phone call that you've been avoiding, or get started moving in the direction of your dreams.

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From over the 65  
procrastination  
quotes below.  
Hopefully  
they'll provide  
the motivation  
that you need to  
shift from procr-  
astination-  
purgatory into  
action-mode, and  
get going on  
your important  
tasks and

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projects.

## Procrastination

65

To Creative  
Procrastination  
Quotes That Will  
Shift You Into  
Action-Mode

8 Tactics for  
Overcoming  
Procrastination  
1. Realize that  
having things  
hanging over  
your head causes

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stress.. People  
are more  
motivated by  
avoiding pain,  
as... 2. Change  
your inner  
dialogue..

There's power in  
words. By  
declaring you  
are a "do it  
now" person  
aloud, you'll  
become a... 3.

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Use your ...

## Procrastination

Get It Done Now:

8 Tips for

Overcoming

Procrastination

Overcoming

Procrastination

1. Harness the power of habit. Habits are powerful because they make doing something

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automatic. That means you don't... 2. Build self-efficacy. Plenty of research shows that making progress on your goals becomes a kind of positive... 3. Know your personality – and work ...

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What is  
Procrastination?  
Causes, Effects,  
& How to Stop

15  
Minutes A Day

Everybody  
procrastinates.  
Students,  
parents,  
employees,  
employers, and  
every other  
human can't help



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but

procrastinate.

No matter what  
you do, it's

close to

impossible to  
get rid of

procrastination

if you're not

good at time

management. Time

management and

procrastination

are very closely

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Procrastination affects the  
To Creative other.  
Genius In 15  
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