

# No More Excuses No Procrastination

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline.

## 3 HACKS ON HOW TO STOP PROCRASTINATING

### TRICK YOUR BRAIN INTO TAKING ACTION

Entrepreneur Mel Robbins discovered a hack when she created her famous 5-Second Rule. She encourages her followers to countdown to action after realizing that the simple act of saying (out loud) "5 - 4 - 3 - 2 - 1!" can spur you into action where nothing else will – not all the reasoning and therapy in the world.



### THE TWO-MINUTE RULE

Don't let small tasks bog you down. For every to-do that lands in your inbox, immediately assess the time you expect it to take. If it's less than 2 minutes, do it right now.

### ONE TASK AT A TIME

Being overwhelmed is another common cause of procrastination. Breaking a big project or goal into smaller pieces makes it easier to tackle – and psychologically far less daunting on how to stop procrastinating.



# Stop Procrastination

**DP Hallahan**



**Stop Procrastination:**

## Unveiling the Magic of Words: A Report on "**Stop Procrastination**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Stop Procrastination**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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