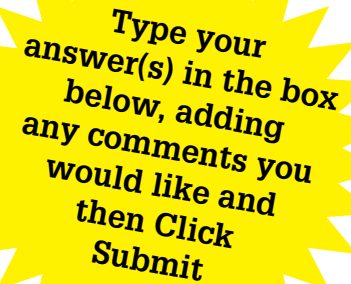


# Pre-Webinar POLL

Why do you procrastinate:

- A. You work better under pressure
- B. You tend to be a perfectionist
- C. Some tasks just are not fun
- D. You don't have enough information
- E. Task feels overwhelming
- F. You don't have a "big picture" goal
- G. Afraid of failing or afraid of succeeding



Type your  
answer(s) in the box  
below, adding  
any comments you  
would like and  
then Click  
Submit

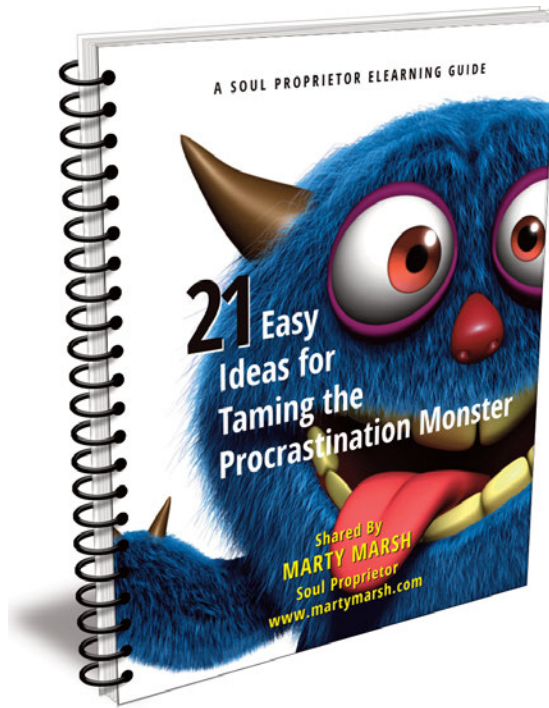
# **Easy Procrastination Busters Revealed!**

**How to Tame the  
Procrastination Monster**



**Presented by Marty Marsh**

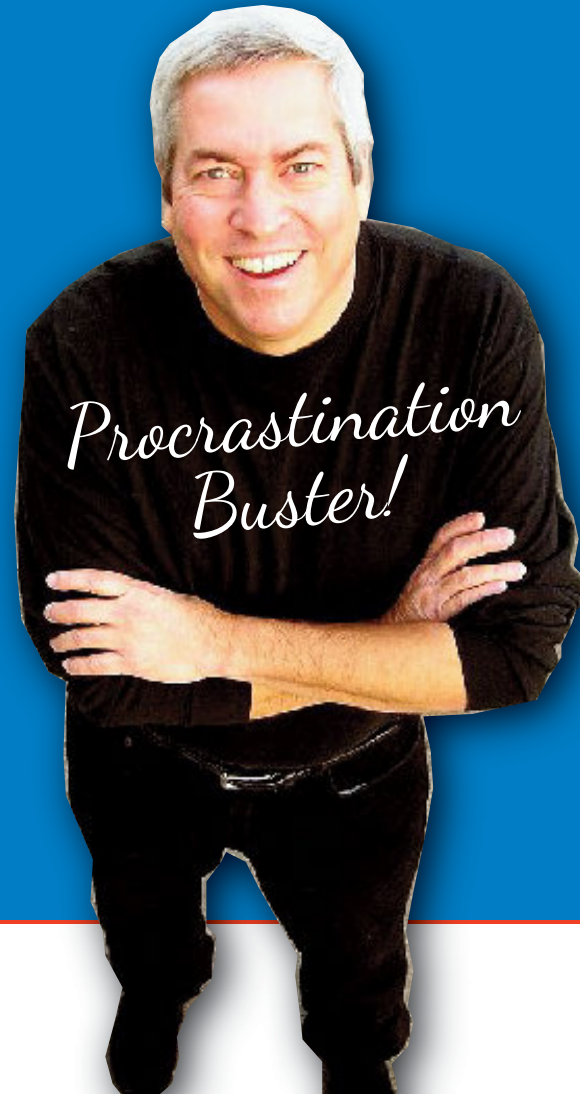
# Click the Links & Orange Button Below to Download Your Copies of...



- **Worksheet**
- **Checklist**
- **Calendar**
- **Report: 21 Easy Ideas for Taming the Procrastination Monster**

[www.MartyMarsh.com](http://www.MartyMarsh.com)

# Marty Marsh





**“I don’t know what I’m going to do ... my presentation  
is due on Monday and I haven’t even started ...  
I’m not even sure I know how to speak.”**

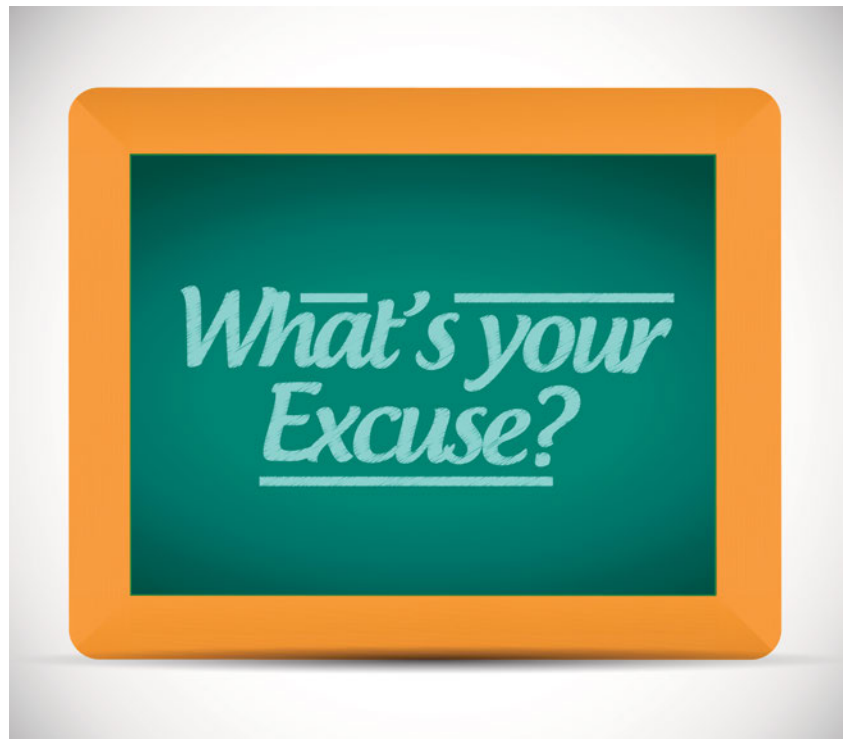
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**Before you can fix your  
procrastination problem,  
you must first**

**Find the  
Cause**

[www.MartyMarsh.com](http://www.MartyMarsh.com)

# Does this sound like you?



- You are a perfectionist
- Avoid tasks that are unpleasant
- Tasks feel overwhelming
- You resent having to do the task
- You have no routine
- Afraid of failing
- Afraid of succeeding
- No driving goal
- Too much to do, no energy to do it

## **2-Step Approach**

**1. Understand the  
cause**

**2. Reframe your  
habitual responses**

# Does this sound like you?



- Procrastinating has simply become a habit

# What is a Habit?

hab·it

*/ˈhæbət/*

*noun*

1. a settled or regular tendency or practice, especially one that is hard to give up.  
"this can develop into a bad habit"  
*synonyms:* custom, practice, routine, wont, pattern, convention, way, norm, tradition, matter of course, rule, usage [More](#)

**Strategy #1**

**The  
Reminder  
Strategy**

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Key to  
Success



## **Strategy #2**

# **Outsource It!**

SUB-SERVICING

SCALABILITY

CONTRACT

KNOWLEDGE

# OUTSOURCING

EXPERTISE

COST SAVINGS

SERVICE

QUALITY IMPROVEMENT



## **Strategy #3**

# **Find Your Unique Accountability Factor**

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[www.MartyMarsh.com](http://www.MartyMarsh.com)

## **Strategy #4**

# **The Humble To-Do List**

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# To Do List

1. So
2. Many
3. Things





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**MONDAY, NOVEMBER 2**

Write blog post: \_\_\_\_\_

## **Strategy #5**

# **Look for the Sticking Point**



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## **Strategy #6**

**Look for  
the  
Reward**



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[www.MartyMarsh.com](http://www.MartyMarsh.com)



*Photos: Courtesy of Emma Lonczyk*

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## MONDAY, NOVEMBER 2

Drink six glasses of water today

Do half-an-hour of Yoga

Go for 20-minute brisk walk

## **Strategy #7**

**Create  
the Right  
Space**



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**Putting  
it all  
together**

[www.MartyMarsh.com](http://www.MartyMarsh.com)

**BLOGENERGIZER**

**[www.BlogEnergizer.com](http://www.BlogEnergizer.com)**

**[www.MartyMarsh.com](http://www.MartyMarsh.com)**

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		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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<hr/>	Make/Return Phone Calls							
<hr/>	Check/Answer Messages							
<hr/>	Follow Up with Clients							
<hr/>	Networking							
<hr/>	Goal Review							
<hr/>	Plan for Tomorrow							
<b>Friday January 8</b>	<b>Saturday January 9</b>	<b>Sunday January 10</b>		<b>Prospective Clients and Connections</b>				
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