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Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #482

9 Proven Strategies to Beat Procrastination Once and for All

Do you ever feel like you'd rather do *ANYTHING* but the task you know you need to finish?

So you procrastinate.

Maybe you scroll social media...

Or check email...

or suddenly need to clean out that junk drawer.

Sound familiar?

Procrastination isn't just a bad habit; it's a thief stealing your time, success, and legacy.

Think about it— every time you put off that important work, you're letting something valuable slip through your fingers: Time you can't get back, opportunities you're pushing further away. And while you're "busy" with little distractions— emails, social media, ESPN— life is still moving forward.

So join me in this episode as I share nine eye-opening, tested-and-true strategies to beat procrastination at its own game. We're talking practical steps that go beyond "try harder" and "focus more"— these are the tools that helped hundreds of men go from "I'll do it later" to "DONE."

If you're ready to cut down on stress, free up your schedule to be more present with your family, and conquer your day with confidence to finish things that actually matter, this episode is for you.

Let's put procrastination in its place once and for all. Tune in now!

Top Quotes From This Episode

Productive Pause: a short period of focused reflection around specific questions that leads to clarity of action and peace of mind

"Your default is not good enough. You've got to amp yourself up, put your mind in the right place, visualize, say the right words, and do the mindset work."

"You are going to be more likely to procrastinate unless you embrace failure as learning. Failure is feedback."

Show Notes

This episode touches on the following key topics and ideas:

- **What is Procrastination (3:12):** Procrastination is delaying necessary tasks despite knowing there are negative consequences. There are two types of procrastination: passive (unconscious avoidance) and active (intentional delay).

Nine Anti-Procrastination Tactics

1. **Goal Setting (8:47):** Establish clear, achievable goals to guide daily actions.
2. **Prioritization (10:34):** Set daily priorities by identifying the top three tasks that need to be accomplished. This focused approach eliminates decision paralysis and keeps progress on track.
3. **Accountability (11:54):** Build accountability into your routine, either through coaches, mastermind groups, or accountability partners.
4. **Mindset (13:46):** Cultivate a productive mindset with visualization and positive self-talk.
5. **Dealing with Failure (14:53):** Embrace failure as feedback. By redefining failure as a learning opportunity, you can avoid letting setbacks fuel future procrastination.
6. **Change Your State (16:23):** Engage in brief activities to reset your mind and body, whether it's going for a walk or getting fresh air. Small shifts in physical state can help you re-energize and refocus.
7. **Remove Distractions (17:32):** Limit distractions by turning off notifications, closing email, and creating a distraction-free environment.
8. **Celebrate Success (18:36):** Recognize and reward small wins. Celebrating achievements, even in simple ways, reinforces positive momentum and reduces future procrastination.

- 9. Start with a Catalyst (20:01):** Take the smallest possible step to initiate action. By focusing on simple actions, like opening a document or lacing up shoes, you can build momentum and overcome procrastinating.

List of Resources Mentioned in the Episode

["Cognitive Dominance: A Brain Surgeon's Quest to Out-Think Fear"](#) by Mark McLaughlin

[CoachJimAI.com](#)

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Other Episodes Referenced

[#223 How to Use Cognitive Dominance to Out-Think Fear with Neurosurgeon Mark McLaughlin](#)