

Forum:[Hack Forums](#)

Thread: [Must Read for Beginners: Procrastination and how to Overcome it!](#)

James Burnham - March 26, 2017, 12:38 am

Procrastination and how to Overcome it!

You have been procrastinating lately, haven't you? 'Well, don't worry, there are solutions. 'Procrastinating 'is something 'that a 'lot of people do. Yes, it is bad, yes it can hold you back from reaching your full potential, and yes it may even destroy your life. 'But, 'don't 'focus on the negative. 'Solutions 'on the issue of procrastination do exist. 'But some 'of them are counter-intuitive 'and 'hard to find on your own so keep reading!'

SOLUTION #1 - WRITE DOWN A MUST-DO LIST

Writing down a 'Must-Do 'list 'can 'help 'you, 'on 'the 'one 'hand, 'realize 'what tasks you have to do and 'on the 'other hand serve as a reminder, so you don't forget about them. 'Write 'your Must-Do list on a piece of paper and stick it on the wall. 'Notebooks and 'text 'files don't 'work 'because 'once you 'close them, they can't keep 'reminding 'you' what you have to do. 'A 'piece of paper with a detailed 'Must-Do 'list 'stuck 'on 'the 'wall 'will 'do 'the trick. "Create a new list every day so that you 'can 'keep 'up "with 'your goals. "If you 'fail 'to' prepare, prepare to fail. '

SOLUTION #2 - DO THE MOST IMPORTANT THINGS FIRST

You will have to do the most important things first, 'no matter if they are hard or not. 'Starting 'your day 'with 'the 'most "important tasks is great because it boosts your confidence 'and 'energy and 'that makes 'you 'finish 'all 'the 'other work way 'more 'quickly. 'And 'after all, learning how to 'perform the necessary tasks 'is 'what 'will 'bring 'you 'the better 'results. 'Doing 'important' things 'is what makes a man important. '

SOLUTION #3 - DON'T DO UNIMPORTANT THINGS

Performing 'dull, ""unimportant 'tasks "lowers ""excitement, ""confidence, 'and energy. 'And 'that 'in 'turn, makes people numb, lazy and unwilling to perform what 'is 'of importance. 'But, 'if 'somehow 'you 'are obligated to do such tasks, try to 'outsource 'them. 'You don't "want 'to "be "the "one "doing, "worthless, unimportant 'tasks. 'You 'want 'to' be' the 'one 'doing "the "important "things because as 'we 'said' before: 'doing' important' things, 'is 'what 'makes 'a man important. '

SOLUTION #4 - STAY HEALTHY

Physical health is crucial. 'An active 'approach 'to daily 'tasks 'requires a 'good level of physical health. 'If you' neglect physical health, performing 'numerous tasks daily for months and 'months will feel 'impossible. 'Set 'your priorities in your Must-Do' list 'correctly 'and 'I 'am sure you will find time to work on your physical health. 'Killing your time 'with 'internet entertainment is relaxing but

at 'the 'same 'time 'mentally 'tiring. "On "the "other 'hand, 'working 'on 'your physical 'health' is 'relaxing 'and 'boosts your 'energy too. So when working on your Must-Do list, set your priorities correctly."

SOLUTION #5 - TAKE BREAKS

Taking breaks is essential 'to refresh your 'mental energy.' Your 'breaks 'should be 'peaceful and' not 'involved in gossip and internet' entertainment. During a quiet pause, you 'get to 'calm down 'and 'remind 'yourself 'what 'you 'consider important and 'what not. 'A pause, 'although "it's related with inactiveness, is not' 'inactiveness. "In 'fact, 'the 'break 'is 'an "essential 'part 'of 'a 'productive lifestyle. 'People 'that 'work without breaks, 'often lose their focus and end 'up wasting their 'time with 'worthless tasks. 'Take 'several 'breaks during the 'day to refocus on your goal. It will save you 'a lot of time and make you reach 'any goal more quickly.

Ben Affleck - March 26, 2017, 12:50 am

This is a great thread, well organized and easy to read.

Off topic; can you write more than 8000 words as an upgraded member? I wrote a free guide on how to make money and I went over. I may need to upgrade so I can finish it.

James Burnham - March 26, 2017, 12:53 am

(Mar 26, 2017 12:50 AM)Costello Falcone Wrote: [\[CITE\]](#) This is a great thread, well organized and easy to read.

Off topic; can you write more than 8000 words as an upgraded member? I wrote a free guide on how to make money and I went over. I may need to upgrade so I can finish it.

The limit is 24k characters, but some people overcome it by using several posts in a row.

Ben Affleck - March 26, 2017, 1:16 am

(Mar 26, 2017 12:53 AM)Mr. Burnham Wrote: [\[CITE\]](#) The limit is 24k characters, but some people overcome it by using several posts in a row. Must just be 8,000 for regular members. I can upgrade my account soon anyway.

*Sorry about this, everyone read the original post, it's got some good advice in there.

Laski - March 26, 2017, 1:58 am

I'm the procrastinating god. I'll see if these anti-procrastination techniques work and will report back if it helps.

James Burnham - March 26, 2017, 5:29 pm

(Mar 26, 2017 01:58 AM)Clementine Wrote: [\[CITE\]](#) I'm the procrastinating god. I'll see if these anti-procrastination techniques work and will report back if it helps.

I am sure that trying them will help. You may not become a changed man overnight, but still you will see improvement.

ShadyLTD - March 27, 2017, 5:03 pm

I'm bad for procrastinating... Mostly because work, so drained after don't wanna do shit besides be lazy as fuck on my days off lol.

James Burnham - March 28, 2017, 8:09 pm

(Mar 27, 2017 05:03 PM)ShadyLTD Wrote: [\[CITE\]](#) I'm bad for procrastinating... Mostly because work, so drained after don't wanna do shit besides be lazy as fuck on my days off lol.

You have to work on that. Maybe I should expand the guide? If you have any feedback please let me know.

JordanBarette - March 28, 2017, 8:56 pm

Getting to know why you procrastinate is also effective. Learn about 'Instant Gratification Monkey' and 'Mel Robbins' 5 second rule'. It will help.

James Burnham - March 28, 2017, 9:20 pm

(Mar 28, 2017 08:56 PM)JordanBarette Wrote: [\[CITE\]](#) Getting to know why you procrastinate is also effective. Learn about 'Instant Gratification Monkey' and 'Mel Robbins' 5 second rule'. It will help. Definitely. You are on point, my friend.

problems.x - March 29, 2017, 11:13 pm

Damn this is helpful! Thanks for this brutha,

Omanyte - March 30, 2017, 5:36 am

Great thread, easy to read. Thanks for the motivation man.

James Burnham - April 4, 2017, 12:59 am

(Mar 30, 2017 05:36 AM)Omanyte Wrote: [\[CITE\]](#) Great thread, easy to read. Thanks for the motivation man.

Thank you ?

James Burnham - April 5, 2017, 7:38 am

Give that a read. I am confident that it will help you.

joyboru - April 7, 2017, 12:18 am

Thank you so much for posting this. It will definitely help me out. I've been terrible with staying on track.

James Burnham - April 22, 2017, 10:42 am

(Apr 7, 2017 12:18 AM)joyboru Wrote: [\[CITE\]](#) Thank you so much for posting this. It will definitely help me out. I've been terrible with staying on track. I am glad for that! ?

Eagle 95 - April 22, 2017, 11:44 am

Your attempt of formatting your text bothers me more than it should. I know Mybb sucks when it comes to that. ?

Anyway, it was a good read and not only it applies to monetizing journeys, it applies basically everywhere.

James Burnham - April 22, 2017, 11:50 am

(Apr 22, 2017 11:44 AM)Eagle 95 Wrote: [\[CITE\]](#) Your attempt of formatting your text bothers me more than it should. I know Mybb sucks when it comes to that. ?

Anyway, it was a good read and not only it applies to monetizing journeys, it applies basically everywhere.

Thanks. ? If you have any suggestions on how to format it better let me know. I think a lot of good content on HF does not get attention because of its unappealing bbcode.

Latinsnake - April 23, 2017, 3:03 am

(Mar 27, 2017 05:03 PM)ShadyLTD Wrote: [\[CITE\]](#) I'm bad for procrastinating... Mostly because work, so drained after don't wanna do shit besides be lazy as fuck on my days off lol.

I'm currently working as an intern from 9 to 5 to get my bachelor thesis and afterwards and on the weekends I run an agency, my online store and a YouTube channel. And I still find time to party and stuff. You have to get your priorities straight and then get a little bit of routine ?

@OP: cool post, the only thing I disagree with is the outsource part. Too many people outsource too much stuff too early. If you REALLY feel like it takes you down and you make decent money already then its worth a thought. But outsourcing to spend your time partly on important tasks, partly on watching Netflix is a bad idea. The point is that when you start a business YOU should be the one working 24/7. Cash can be crucial at several points in your business if you start out so better don't spend it on some VAs.

James Burnham - April 23, 2017, 3:35 am

(Apr 23, 2017 03:03 AM)Latinsnake Wrote: [\[CITE\]](#) I'm currently working as an intern from 9 to 5 to get my bachelor thesis and afterwards and on the weekends I run an agency, my online store and a YouTube channel. And I still find time to party and stuff. You have to get your priorities straight and then get a little bit of routine ?

@OP: cool post, the only thing I disagree with is the outsource part. Too many people outsource too much stuff too early. If you REALLY feel like it takes you down and you make decent money already then its worth a thought. But outsourcing to spend your time partly on important tasks, partly on watching Netflix is a bad idea. The point is that when you start a business YOU should be the one working 24/7. Cash can be crucial at several points in your business if you start out so better don't spend it on some VAs. Agreed. Outsourcing while being lazy does not work. When outsourcing you still have to lead the team, otherwise everyone will be slacking and underperforming.

James Burnham - April 28, 2017, 5:59 pm

Give that a read. It may actually help you.

Fresh Khalifa - April 28, 2017, 6:01 pm

I was going to read this thread but I'll do it later.

Jk, good thread OP. I'm going to have to use these tips to get out of bed and be productive.

juiceman2020 - April 28, 2017, 11:07 pm

thank you for this man I really like this it is very detailed

James Burnham - April 30, 2017, 8:43 am

(Apr 28, 2017 06:01 PM)Fresh Khalifa Wrote: [\[CITE\]](#) I was going to read this thread but I'll do it later.

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(Apr 28, 2017 11:07 PM)juiceman2020 Wrote: [\[CITE\]](#) thank you for this man I really like this it is very detailed If you have a hard time being productive, do a 7 day challenge. Promise yourself that for 7 days you will be doing what you must do and not what is easy. At the end of these 7 days you will feel that doing the right thing in fact makes your life easier too.

yusufmalikul - April 30, 2017, 10:50 pm

Nice post. I also trying Seven Habits of Highly Effective People :)

James Burnham - May 2, 2017, 6:51 am

(Apr 30, 2017 10:50 PM)yusufmalikul Wrote: [\[CITE\]](#) Nice post. I also trying Seven Habits of Highly Effective People :)

I read that some years ago. It was good. Such books can help you get active.

James Burnham - *May 14, 2017, 1:03 pm*

Give that a read. It may actually help you.

-Eagle- - *May 14, 2017, 3:58 pm*

great read man thanks a lot

James Burnham - *June 8, 2017, 10:04 am*

(May 14, 2017 03:58 PM)-Immaculate- Wrote: [CITE](#) great read man thanks a lot
Thank you! Glad you liked it ?

jawsh33 - *June 20, 2017, 3:47 pm*

Most HQ member on this forum imo.

Also, the more you force yourself to do your work, the easier it will get over time.