

**5 STEPS TO
OVERCOME
PROCRASTI-
NATION, &
STAY ON YOUR
A-GAME.**

Overcome Procrastinating

Before you say "I'll do it tomorrow" Stop Lying & Read This. Here's why Overcoming Procrastination is important.

- Learn to master yourself. Find your super power
- You can finally get a handle on things, and save time figuring it out.
- Be a better parent
- You can finally get back to being on the top of your game.



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A hand is pointing at a screen displaying anatomical diagrams. The diagrams show a cross-section of a tooth and a diagram of a jaw. The hand is in the foreground, and the screen is in the background. The background is slightly blurred, showing a person's head and shoulders.

STEP 1

IDENTIFY YOUR BLIND SPOT

There's no way to possibly overcome procrastination without first addressing the false perception you have made up about yourself. You probably said to other people who challenged you to better yourself.

"I'm good", or "No one can tell me something about myself I don't already know". As true as this may sound it's a false perception about yourself and what's honestly holding you back at the root of your procrastination, and life in general.

It's just like changing lanes in your car and only checking your rear view mirror and hitting the other car, and blaming the other car for accident. Knowing you didn't check your **blind spots**. By not identifying your blind spots you set yourself up for failing relationships, losing loved ones, and losing business, while blaming everyone else.



Step 2

Identify What You're Procrastinating ON

Once a blind spot has been identified you now have a clear concise view on the activity you are procrastinating on, and learn what emotion (fear, anger, disgust, contempt) comes up for you when it comes to this particular activity.

A person wearing a white turban and an orange shirt is climbing a steep, rocky staircase. The person is seen from the side, with their hands and feet visible as they ascend. The background is a rugged, reddish-brown rock face.

Step 3

Link your "blind spot" with the activity you are Procrastinating on.

Linking your blind spot with the activity is a combination of your false perception (step 1) + activity + the emotion attached with the activity. Which means you will finally be able to know how to change your outlook on this activity and notice what benefit waits for you on the other side.



Step 4

The Root Of Your Procrastination

In this section we find out what is at the root of getting started, what is at the root of your procrastination. For most people it's fear. Fear of the unknown, fear of what others will say, because you are just starting out, and you know the learning curve is a reality, fear of rejection, fear of looking inadequate.



Step 5

Remove The Fear

The final and last step is to remove the fear. You've done all the deep work, identifying your blind spots (false perceptions of self), identified the activity your are procrastinating on, linked the blinds and activity and found the emotion that's attached to your procrastination, and got to the root and located the fear associated with the procrastination. Now it's time for your moment of truth. Removing the fear by taking that one step out of procrastination, and into action.

You can only remove the fear by getting off the slide lines and getting in the game.

Good enough and done, is always better than perfect and pending.

NOW THAT YOU KNOW THE STEPS...

... you can do it on your own, or save time, money and a headache and be guided by a professional attending the Stop Procrastinating Start Moving Workshop. So you can get back to being the boss of you which means taking actions on your goals, being on top for you A-Game, while having fun during the process.

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