The "No Willpower Needed"
formula to beat procrastination

PROCRASTINATION

ELIMINATION
METHOD

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Preface

Thank you for picking up a copy of the <u>Procrastination Elimination Method.</u>

What I present in the following pages is a distillation of my years of struggle with procrastination and how I found a cure for it.

I hope you read through the following pages carefully and seriously put it to use. Because just reading it and not doing anything about it will not give you any results.

On the other hand if you practice the methods and learn from those from whom I learned (I'll tell you about them as we go along), I can almost guarantee that your life will turn around for the good.

I have purposely kept this book short - I don't believe in cramming up a book with useless filler stories, anecdotes and quoting research after research after research.

This is a quick yet thought-provoking read. One that you could finish in a sitting.

So grab your cuppa coffee... and get reading!

See you on the other side.

Introduction

One of the chronic problems I've faced all my life is procrastination.

Reading all kinds of self-help and time management books didn't help.

Procrastination always poked up one way or the other.

I've lost count of how many times I started and never finished projects - projects which, if I completed, would've taken my career to another level.

I've lost count of how many times I resolved to start a diet but never followed up on it.

I've lost count of how many times I started a new blog but never did anything about it.

I've also lost thousands of dollars to procrastination over the years: Buying courses and never reading them. Paying for gym memberships and never showing up. Buying coaching programs and never implementing them.

The very few times I actually succeeded were when I really pushed myself, gathered a ton of motivation and willpower and then finally accomplished some tiny little task. Nothing to be proud of because not only is this kind of willpower and motivation very fragile and short lived, doing something this way is mentally exhausting.

So what we're dealing here with is procrastination and lack of discipline.

One leads to the other.

Cure procrastination and self-discipline would naturally emerge.

And with a natural self-discipline (not a forced one), there's nothing you can't achieve.

I feel I've now figured the root of procrastination - the basic cause (or causes) of why we procrastinate.

But before getting into that let me explain in brief what I think is wrong with self-help literature and why it will make you procrastinate *more*!

Why Self-Help Advice Doesn't Work

One of the most popular mantras these self-help gurus like to spew out is that "You need to have a strong WHY".

Complete bullshit (sorry for the language, but that's exactly what I think it is).

So according to these gurus, whenever you've not been able to accomplish something, it's because you don't have a strong "Why".

Meaning, you weren't motivated enough or you didn't want it "Badly enough."

As a result, you see a plethora of books coming out that preach the "Why" concept. For example a book called Start With Why.

This concept has already become kinda mainstream - and that's why I want to caution you about it.

I've noticed that whenever things become mainstream, it's usually because there's some monetary gain in it and not necessarily because it provides a solution for people.

So let's start with this:

What's wrong with "Having a Strong Why?"

Well, if you already have "a strong why" about something then no issues with that. But that doesn't necessarily mean that having "a strong why" will lead to accomplishment, or that lacking "a strong why" will lead to failure to follow through.

There are probably a hundred things you do every day without having "a strong why."

You study, go to work, meet family and friends, work on some hobby, etc. But do you really have to stop before doing those things and ask yourself "Hey why am I doing this?" Do you really need a "Burning Desire," or do you really want to do them "Badly Enough?"

I don't think any average human being even has time to think about whether they want to do something badly enough - they just do the things they want to do.

And it doesn't have to be a burning desire either.

We've been led to believe in the lie that we need to want something badly enough to get it - or else we don't really want it.

Again, bullshit.

Who doesn't want a sexy figure? Who doesn't want to be rich? Who doesn't want to be able to travel the world?

Saying that you don't really want these things just because you don't have a burning desire about them is a big fat lie.

We'd been led to think in terms of black and white, either-or, this or that. You either want it badly enough or you don't. You either have a burning desire to get something, or you don't deserve having it.

What these gurus have ignored is that human beings are spontaneous creatures. Our feelings, wants and desires fluctuate throughout the course of our life. We really have "50 shades of grey".

If you start depending on these fluctuating mechanisms (feelings, emotions, wants, desires) you'll never become satisfied with life. You'll always find yourself chasing one thing or the other.

The point I'm trying to put across is this: You don't really need to have a burning desire or to want something badly enough to get it. If you simply know that having something makes sense then that's a good enough reason for you to work towards achieving it.

For example, if you're overweight then you need to lose weight. Simple as that. You don't need to dig into yourself to see if you have "a strong why" or a deep desire to lose weight. Nah. It just makes plain sense for you to lose weight, so just do it.

No thanks to self-help gurus, I've left many a task and project unfinished because I started thinking "Hey do I really want this badly enough?" and most of the times the answer was "No" … and so I moved onto the next shiny object.

But again boredom would strike and I'd find myself asking the same stupid self-help guru questions… "Badly enough?" … "No" … and ditch the project which left me moving down a spiral of constant failure.

Well, if that's not a setup for failure I don't know what is.

What actually works is being self-disciplined and executing successful habits like clockwork - without having to stop every time and think about the "why."

And once you kick out procrastination, having self-discipline becomes easy.

What is Procrastination

It may seem like a simple question but do we really know what it is?

Perhaps we may all have a slightly different way of explaining procrastination.

Here's how I look at it: Procrastination means…"Avoiding difficult tasks."

Think about it.

Would we really procrastinate on doing something that is easy for us?

If something is easy for me, it can also be boring but I will still do it without much willpower.

However if I have a task in front of me that is difficult and needs a lot of effort, I'll procrastinate. I'll delay it. I'll find some way to distract myself.

Again, I'm not talking about whether I have a burning desire to do that task or not. I'm not talking about whether I want it "badly enough" or not (last time I checked, the things I wanted badly enough was lots of junk food and women, lol).

I'm simply defining procrastination as "avoiding difficult tasks."

Now you may say, well, if we wanted something badly enough then it wouldn't be difficult anymore.

I don't agree.

We can have a burning desire about something and it could still be a hard thing to do.

There real difference is this: Procrastinators look at a difficult task and avoid it. Successful people look at a difficult task and tackle it.

So here are a few points to consider:

● Why do some people avoid doing a difficult task while others do it despite the difficulty?

● In other works, why does a difficult task stop some people but not others?

● What is "Easy" and "Difficult" any way?

Think about this:

The same task, with the same level of difficulty… and two persons having the same level of interest towards that task…

And yet, Person A might avoid doing it while person B would take it on as a challenge.

Do you see where I am going with this?

I want you to keep reading as I reveal my whole thought process.

So stay with me here.

Going back to my example: Both the persons were handed the same task, and had the same interest level, so what made the difference?

I'll get to that.

But first I need you to think about what makes a task difficult or easy to begin with.

It's relative.

Something could be easy for me, yet difficult for you.

Something could start off as difficult for me but become easy as I keep practicing it.

Essentially, something is difficult if it has one or both of the following properties:

- It takes a lot of time to finish
- It requires a lot of mental energy or effort

Whenever I feel I don't want to do something because it's 'difficult'.... I think that what I am actually avoiding is the amount of time it's going to take to complete the task. *"Oh*

man, who's gonna spend 2 hours on one freaking boring task!?"

But then I realize something else: It's not really the amount of time is it?

Why don't I have similar feelings when spending 2 freakin' hours on Netflix, or Facebook, or . . . ?

So no, it's not the time. What really makes us avoid doing these tasks, I believe, is that it requires the use of mental effort. The more a task requires mental effort, the more we procrastinators tend to avoid it.

There's no mental effort in watching Netflix.

There's no mental effort in binging out on junk food.

But writing a book? Working on a website? Creating a video course? Cooking a new recipe?

Mental effort.

So difficulty = mental effort (or we could just say "effort")

This brings us to the following question: Why do some people (procrastinators) avoid tasks which require mental effort while other people don't? And how can we become more like those others who don't avoid such tasks but rather tackle them like they would tackle any other task?

A couple reasons why procrastinators avoid tasks:

1. The effort is related to some outcome oriented goal
2. We have negative beliefs associated with effort.

Basically whatever we do is based on the beliefs that we have. I'm not talking about religious or political beliefs. I'm talking about things that we consider as "fact" or "truth" at our gut level.

A lot of these are self-esteem related beliefs such as:

"I am not good enough."

"I am not lucky."

For those of us who procrastinate, we have many beliefs related to effort, hard work and difficulty.

It is these beliefs that are stopping us. It is these beliefs that make us avoid doing something we want to do or know we should do.

In the next chapter, Mindset Shift # 1, I discuss more about what beliefs I had about hard work and effort and how I eliminated those beliefs. Some of these beliefs may apply to you and others may not. But the takeaway is to familiarize yourself with the process of identifying and eliminating those beliefs so you can apply it to your unique situation and challenges.

Mindset Shift # 1

First, let's talk about the role of beliefs in shaping our reality.

Remember: we're not talking about religious or political beliefs here. We're talking about beliefs that you feel are true deep inside you. Something that you perceive as "Fact." Something for you which you have no doubt that it's a fact. The truth.

These beliefs are so evident to you that you don't have any second thoughts about them. They make perfect sense to you in the given situation. You could probably point to them and say "Can't you see? It's so clear, it's the truth!"

Beliefs are formed when you give a certain **meaning** or interpretation over and over again to a series of similar events.

For example if in your childhood your parents repeatedly criticized you for not doing things perfectly or rewarded you when you did things perfectly, then you'll have this belief "What makes me good is doing things perfectly."

This belief, formed in childhood, will continue to be with you throughout your life unless you unlearn it. (I'll get to how to unlearn beliefs in a moment.)

Most of the self-esteem related beliefs are formed during our childhood interactions with our parents, teachers and/or those whom we look up to for our survival.

What these beliefs really are, however, is our explanation of the events that take place in reality.

For example imagine that you are talking to a friend on the phone and all of a sudden the call gets cut.

That's the event: Phone call got cut off while you were talking to a friend.

How you explain this event to yourself determines your feelings in that moment:

You could think that your friend doesn't care about you and that's why he cut the call right in mid-sentence. This would make you feel bad, sad and maybe even angry.

This was your interpretation of the event. This was the meaning you gave to the event. This was how you explained the event.

But this event (Phone call got cut off while you were talking to a friend) could have other interpretations that would explain the event just as well as your original interpretation.

For example, perhaps something urgent came up and that's why your friend had to cut the call. Maybe he got caught up in some emergency situation. These interpretations shouldn't make you feel angry anymore.

Notice it's the same event but your feelings and emotions have changed based on the meaning/interpretation you gave to the event.

Another example:

Imagine it's your wedding day, you've booked an open-air party hall and then it starts raining. You'd probably feel miserable because the rain has ruined everything.

On the other hand the same rain in a drought-ridden third world country would fill people's hearts with joy.

Same event (raining) but two different feelings.

What changed? The meaning we gave to the event.

So to make a long story short:

There are three distinct elements:

1. The event in reality
2. The meaning we give to the event
3. The feelings that arise due to the meaning we give to the event.

So: Reality, Meaning and Feelings.

We often don't differentiate between these three.

What we often do is we perceive the event and the meaning to be part of the same reality. It's actually hard for our brains to separate the meaning from the reality because to us, it's kinda "obvious" that the meaning IS the reality.

But with practice, it becomes easy to differentiate.

Steps To Get Rid of a Negative Belief

Now that you understand how beliefs are formed, it's time to go through the actual steps of getting rid of beliefs.

Here are the steps.

(These steps are part of the Lefkoe Belief Process, created by Morty Lefkoe)

1. Get in touch with a belief.
The easiest way to do that is to say the words of the belief out loud and notice how it feels. It will feel true or false.

2. Find the events that lead to the belief.
Ask yourself "What are the earliest experiences that led to my belief?

3. Find alternative interpretations.
Come up with 5-6 different ways to interpret those events that you can see now that you are older and have an adult's perspective.

4. Realize you didn't see the belief.
It seemed as if you could "see" your belief when you saw the events. Notice that you can't really "see" a belief. You can only see concrete events taking place. People saying and doing things. But you can't "see" a belief floating around anywhere.

5. Realize there is no interpretation that's inherent to the events.

Notice that the interpretation existed only in your mind, NOT in the events.

6. Check and double-check that the belief is gone.
Say the words out loud again. Really look for the same feelings that were there before. If you can't find them, then the belief is gone.

Procrastination

Here's how all this applies to procrastination...

Remember I defined procrastination as *"avoiding difficult tasks."*

I contend that those who procrastinate have limiting beliefs about hard work, effort and ability and that it's these beliefs that create the feelings of heaviness, resistance or anxiety that causes inaction, stopping them from doing the work effortlessly.

I discovered I had the following beliefs that made me procrastinate:

- Doing hard work means you're dumb
- Doing hard work means you're not smart enough
- What makes me good is being smart and intelligent
- Hard work is for losers
- Hard work is boring

Read each of the beliefs above out loud and see if you resonate with any of them. Do any of them feel true to you? Don't ask your head, ask your gut. Deep in your gut do you

feel any of these apply to you? Do you unconsciously believe in them? When you read these statements loud, do you feel any feelings or emotions attached to them?

If you answered "Yes" to any of these questions, then you may have that belief.

You could also have other beliefs related to hard work and effort, that are not necessarily the same as mine.

The important point is to learn to identify these beliefs in yourself and write them down.

In the following pages I'll pick one belief from the list above and show you how I eliminated it. You can follow the same process for your own negative beliefs.

The belief I'll work on is: **Doing hard work means you're dumb**

I'll use the 6-step process outlined above to get rid of the belief "Doing hard work means I'm dumb."

Let's begin:

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1. Get in touch with a belief.

To get in touch with a belief, all you have to do is read the words out loud and see if you connect with it -- whether it feels true deep in your heart.

So I read out loud "Doing hard work means I'm dumb" and it felt true, because I had been subconsciously believing it for so many years.

2. Find the earliest events that lead to the belief.

These kinds of beliefs usually have their sources in our childhood interactions with our parents.

As I began digging into my childhood memories, I remembered how my parents always used to praise me for my talent and intelligence whenever I accomplished something easily. Things like doing homework and passing exams easily.

I also remembered that it was not that easy for my elder brother to finish his homework. He needed to work long hours to get things done. And he wouldn't get the same kind of praise that I used to get. He was looked upon as someone who is dumb - less intelligent.

Looking at all this, as a child I concluded that "Doing hard work means I'm dumb."

So those were the earliest events in my life that lead me to believe "Doing hard work means I'm dumb".

3. Find alternative interpretations.

My conclusion, that "Doing hard work means I'm dumb," was one way to explain the events that I saw around me.

But it was not the ONLY explanation.

I came up with several other interpretations/meanings that could explain these events just as well as my childhood conclusion that "Doing hard work means I'm dumb."

For example, read the following alternate interpretations. As you read each one, ask yourself, "Doesn't this one explain the events just as well as his childhood interpretation?"

Alternate Meaning 1:

Working hard doesn't necessarily mean you're dumb. It can also mean that you're not practicing enough which makes it hard at the beginning. But as you keep working at it, eventually it becomes easy.

I imagined my childhood events and asked myself "Doesn't this interpretation explain the situation just as well as my initial interpretation?" And the answer was "YES."

Alternate Meaning 2:

There's no such thing as dumb. You're just good at some things and not good at other things.

Again, this explains the events just as well as my initial interpretation and Alternate Interpretation No. 1.

Alternate Meaning 3:

Just because someone praised me for my intelligence and talent does not mean that hard work is not important. In fact,

history is full of successful people who, despite not having natural talent, succeeded because of their hard work and effort. They DEVELOPED their talent. Whereas, there are also people who failed in life because although they had natural talent, they didn't work hard developing it, and their talent and intelligence became stagnant and useless.

Once again, even this interpretation explains my childhood events perfectly well.

What all this means is that "Doing hard work makes you dumb" was just one of the many possible meanings I could have given the event.

4. Realize you didn't see the belief.

It may seem like we SEE the meaning IN the events. But that's not true. We only see the actions of people but the meaning/interpretation is something that we CREATE in our mind.

To make this more concrete, I ask myself "What do I really see out there?"

Answer: I see mom and dad praising me.

That's it. That's the only thing I actually see.

5. Realize there is no interpretation that's inherent to the events.

Events by themselves don't have any inherent meaning or interpretation. My mind gave it the following meaning "Doing hard work means I am dumb," but as I just explained, the same event could have been interpreted in several ways.

To make it more concrete, I imagine the childhood events again and this time I imagine that a friend of mine is there along with me.

The moment I interpret the event to mean "Doing hard work means I am dumb," my good friend whispers in my ear, "*Hey! There's no such thing as dumb. You're just good at some things and not good at other things.*"

How would that have made me feel? Well, I don't think I would have felt the same way about those events, would I?

6. Check and double-check that the belief is gone.
I say the words out loud again. And this time I don't have any feeling or sense of negativity attached to them :)

The internal resistance I had because of this belief is now gone.

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So...

Do you get the gist of how this works?

Go reread my example again if you need to. Familiarize yourself with it, because you will need to run through the same

process every time in order to get rid of all the beliefs that are causing you to procrastinate.

Remember, "procrastination" is a broad general term that's more like a symptom of the problem. The actual problem is your unconscious beliefs. All these beliefs need to be addressed one by one.

These beliefs represent the pillars or foundations of a structure and Procrastination is the building itself. Remove each pillar one by one and the building will collapse.

It actually helps if you practice this with a friend.

Morty Lefkoe has shared the script of the Lefkoe Belief Process [here. Download it and print it](#).

Have a friend read the script and ask you the questions while you answer.

It's not within the scope of this ebook to cover each and every belief but I hope you get the idea.

I highly recommend Morty Lefkoe's stuff. I also recommend a book called Mindset by Dr. Carol Dweck. These are the ones from whom I learned; I mentioned them on page 1 of this book.

Nothing has helped me more than the teachings of Morty Lefkoe and Dr. Carol Dweck. These two individuals are way ahead of their time. I guarantee: once you start following the teachings of these two gurus, you won't need to buy any other self-help book or course. This is no exaggeration.

Mindset Shift # 2

"When we play a game of cards or a sport or a board game, we feel good when we win and bad when we lose. But the feeling lasts only a minute or two, and then we go back to life. When we are attached to the outcome "in life," we can feel good or bad for days or even longer. If we make life or work like a game, we will experience the outcome like a game: a momentary reaction, and then nothing." - Morty Lefkoe (Article: http://www.mortylefkoe.com/dislike-job/)

Morty Lefkoe is one of the very few "gurus" who I listen to and I have a tremendous amount of respect for him. If there's anything in the self-help industry that has ever worked for me, it's the teachings of Morty Lefkoe. Sadly he's not as famous as Tony Robbins or Robin Sharma, but he is miles ahead of his time.

Morty passed away two years ago but left his legacy and knowledge behind. He has over 200 articles on his blog.

I'd like you to read this article written by Morty: http://www.mortylefkoe.com/dislike-job/

Please go ahead, read it and then come back to this page.

Done?

I hope you actually read the article. If not, please do so now.

Ok, I assume by now you read Morty's article.

It was mainly addressed to people who don't like their job.

But as I was reading it, I started connecting the dots and thought "Hey, these principles could work not just for jobs but also for tasks that I procrastinate on!"

So I reframed them in my own way so that they could work for procrastination. (You're welcome!) ☺

Reframe the Difficult Task as a Game

(In reframing tasks as a game, I am going to use the word "rules" for the "beliefs" that we talked about above.)

Paraphrasing from Morty's article:

*When you play a game, be it a sport like golf or tennis, or a card game like poker, or a board game like Clue or Monopoly, you feel good when you win and bad when you lose. Why? Because you have arbitrarily accepted that something is better than something else. You try to get the little white ball in a hole hundreds of yards away in fewer tries than someone else. Is it really "better" to do that? No, there is nothing about the nature of reality that makes it better. **It's better because we say so, and only because we say so. The same is true for any sport or any game.***

I'd say the same is also true for any kind of task that you're procrastinating on.

Let's say I want to write a new eBook but I've been delaying it for several days. I've been procrastinating. Whenever I think

about starting to write the eBook, the following thoughts come to my mind:

- It's gonna be a lot of work
- It won't come out as good as it should be
- My writing sucks
- Will anybody buy it?

These are the thoughts preventing me from starting to write the ebook. Or in other words, I avoid doing the task because of these thoughts.

What we need to do is we need to reframe these thoughts and the nature of this task and compare it with a game or a movie. Let's do both; game and movie.

Game: As Morty wrote, a game is made up of arbitrary rules where nothing is actually better than anything else. Think about this: **You try to get the little white ball in a hole hundreds of yards away in fewer tries than someone else. Is it really "better" to do that? No, there is nothing about the nature of reality that makes it better.**

Same goes for our task (writing the ebook in my case). Can you see what arbitrary rules I had unknowingly succumbed to? Those rules lie within the thoughts that I listed above:

- The book is going to take a lot of work to complete
- The book needs to be perfect
- The book needs to be exceptionally well written
- The book should be great enough to make a ton of sales

These rules are just that – arbitrary rules that I created and didn't exist prior to that. Just like a game. The rules that we follow in a game are all man-made rules and winning or losing a game doesn't mean anything in reality because it's all based on man-made rules. Take the board game "Snakes and Ladders" for example: Is it really "good" if you roll the dice and end up climbing the ladder? Is it really "bad" if you end up going down the snake? Nope. We created these rules and we feel good and bad emotions while playing these games whereas in reality they don't mean anything. And that's why we don't linger on the feelings after the game is over. They're temporary feelings that go away fast (or should…)

I remember the first time I watched a game of tennis. I was in a stadium watching a tennis tournament. This was my first time watching a tennis game and I had no idea about the rules of this game. All I knew was that the two players must hit the ball with the racket and not let it hit the ground. That was the only rule I knew. Anyway, as I was watching the game, there came a point where the ball hit the net. And the crowd started clapping and cheering. And I was thinking "Why is the crowd so happy? Why are they cheering?" Because to me, the ball hitting the net meant absolutely nothing. I had no meaning attached to the event "a tennis ball hitting the net".

Later on I learned that if the ball hits the net, the opponent player scores – and that's why the crowd cheered: because their player had scored.

That's a perfect example of how man-made rules have the power to trigger emotions in us. But in reality, these rules have

no meaning and rules/events that have no meaning should not create any lasting emotions/feelings in you. That's why the emotions you feel while watching a game as a spectator vanish soon after the game is over. (Hopefully. There have been exceptions….)

In the same way, realize that the rules you make for your tasks are man-made rules and don't have any meaning in reality. Look at my inner thoughts that I outlined few paragraphs above. Then look at what rules I was subconsciously following that resulted in those thoughts. Now realize that the rules originated from my mind and not from the task itself. But these rules (and thoughts) were preventing me from beginning the task, leading to procrastination.

You need to look at the tasks you're procrastinating on in the same way. See what thoughts are popping up in your mind about the task. Then see what hidden rules are creating those thoughts. Then compare it with any game and make the distinction that these are just arbitrary rules that you made up. Doing this little exercise should diffuse a lot of friction that is there between you and the task.

You can also liken your difficult tasks to watching movies!

Think about this:

You go to a cinema. You start watching a movie. You experience a rollercoaster of emotions while watching the movie. You feel good when the guy saves the lady. You feel bad when the guy gets killed. And yet when the movie is over, you step out of the cinema and get back to life. The emotions

you experience during the movie don't stay with you for a long time. They are momentary. Why? Because you know what's happening in the movie is not real, it's based on a man-made script (or let's call it rules).

Remember the rules you've created at the back of your mind for the tasks? Those are like a movie script: They are made by **you**; hence you should not be ruled by them. Breeze through the tasks like you breeze through watching a movie.
Once you start comparing your tasks to the methodology of games and movies, the tasks should start feeling lighter and you'll need to exert less effort to get started. This will also help you enjoy the process of a task and detach yourself from the outcome.

Why is detaching yourself from the outcome so important? Because once you set yourself an outcome, then the process becomes *forced*. Like you MUST follow the process in order to reach the outcome. Every day, you have to force yourself through the process. You feel like you don't want to but have to.
The whole thing feels forced and not natural.

Sometimes you reach the outcome and sometimes you don't. When you don't, it makes you feel that following the process has not been worth your time. You feel like you wasted your time. And next time when you want to attempt reaching the outcome again, it feels harder than before because you had already created the belief in your mind that "It's difficult to follow the process." You start looking for easier ways, something that gives you immediate results. The "Instant Gratification" attitude is born.

What else could happen along the way is that you might start believing that maybe you don't deserve the outcome. Maybe you were not meant for it. Maybe you don't have the needed willpower to reach the outcome. Maybe it's not in your destiny. Maybe you just don't have what it takes to achieve the outcome. Maybe it's your bad luck. Maybe you don't have the required skills. Maybe this, maybe that.

These are nothing but Self-doubts.

Just by focusing on the outcome, you're opening the doors to all sorts of self-doubts, like the ones I pointed out above.
So what's the solution?

The solution is to ignore the outcome and focus on the process.
I know, this is easier said than done.

But using the game and movie analogy methods which I explained earlier can help you to detach from the outcome and enjoy the process.

When you find yourself procrastinating on some task, reframe the task in the context of a game or movie. It will remove the doubts and negative inner thoughts from your mind about the outcomes of the task. All doubts and negative thoughts are related to the outcomes, not the process. The process is the thing to focus on now, the continuous chain of events. The outcome will follow.

Doubt and fears don't exist in the present moment. They come from our expectations about the future.

What happens when you focus on the process

When you focus on the process, the outcome happens as a natural result of following the process. You don't have to run after the outcome, you are following the process and the outcome happens as a result or a side-effect.

It's mentally less stressful as well.

Let's get into some real examples to help you understand all of this:

There are two guys who go jogging every day.

One guy has a goal of losing 5 kgs by the end of this month. Once he reaches his goal, he feels relieved and stops exercising. Within a few weeks all that weight is back.

The other guy's goal is to have an active lifestyle. He wants to maintain long term health. He doesn't work out to lose 5kg in one month. He works out to stay active. And because of that, he enjoys every moment of his workout because that makes him feel active every day.

Now tell me which guy has better fitness?

For sure it's the second guy.

This guy doesn't need to go crazy over some weight loss goal – he stays healthy and fit because of his active routine and habits. His weight remains optimum naturally as a result.

Note there are two kinds of goals:

One that is ingrained within the process itself (for example having an active lifestyle) – Such goals give you instant gratification by virtue of following the process itself.

The other type of goal is the one that manifests at the end of the process (for example losing 5 kgs in a month). With such goals, you can't have instant gratification. Which is why such goals feel harder to accomplish because our minds want instant gratification which these goals can't provide.

Let's call the first type a 'Process oriented goal' and the second one an 'Outcome oriented goal'.

Process Oriented Goals can be turned into habits and thus remove your dependency on outcomes and results.

Whenever you're procrastinating on some tasks, identify whether you have any Outcome Oriented Goals or not. Chances are that you'll most likely have outcome oriented goals. What you need to do is find a process oriented goal that you can sustain through the task/activity.

For example I had been procrastinating on writing this ebook because my goal was to sell it (outcome oriented goal). This outcome oriented goal created a lot of self-doubts.

But then I changed the goal to this: Writing to get my words and thoughts out on the paper (process oriented goal) and it became a lot easier to write.

Put your mind on the process and let the process take care of the outcome.

Conclusion

We have reached the end of this short journey and I hope you had as much enthusiasm about reading it as I did writing it.

Your comments, suggestions and questions are always welcome. To reach out to us, please send an email to:

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