

“Discover How to Overcome Procrastination to Achieve Your Goals”

By Rigdha Acharya

Click [here](#) to Learn How to Manage Your Time And Achieve Your Goals Easily

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

Hi and welcome ☺

Before we get started..let's talk about a few things.

1. Let me guess..you're probably quite busy right now, you probably have some articles to write, people to contact, websites to maintain so we're going to keep this report as short and to the point as possible.
2. You probably have a ton of distractions around you, you maybe signed on to your MSN, or you may have phones ringing and so on..

So I want to make a request here. **Please read this book when you get sometime to focus on it.** I'll share some of my best strategies to manage your time but I need your undivided attention for about 20 minutes...sound fair?

If you don't have 20 minutes right now, just save this book and come back later. I'll wait, I promise.

3. I love personal development books and I know it feels absolutely great to open a new book that's going to give you a lot of cool ideas. But, I also know *cool ideas don't always mean cool results* so I want you to promise me that you'll use the information in this ebook.

If you are not going to use this information, please hit the close button, send it to your friends and delete it from your hard drive right now. You really don't need any more ebooks on your computer.

4. Done? Good!

Let's get started then..

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

Table of Contents

"The Biggest Time Management Nightmare "	4
"How to Crush Procrastination Caused by Fear"	6
"Discover How to Overcome Procrastination	8

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

“The Biggest Time Management Nightmare ”

Picture this, You've made up your mind..You want to start managing your time better, you want to achieve your dreams and you simply want more relaxing and fun time for yourself and your family..

That's a nice idea, isn't it?

Where the nightmare part then?

Well..the nightmare part kicks in when we encounter our good old buddy Procrastination..

Procrastination can kill any plan faster than anything I know!

Procrastination is the number one reason why most people don't achieve their dreams..

So, what causes this procrastination?

Well, there are a ton of things..

Here's just two of the biggest I've found..

1. You don't care enough about the task

2. The task is big, creates a fear of failure, stresses you out and prevents you from taking action.

As for number 1, the solution is easy.

If you don't care about a task, you get to drop it..This alone will save you tons of wasted time and energy and prevent stress as well..

Now, if the task *is* something you care about..we need to use some powerful mental images and a very good objective assessment of our goals.

Now, objective assessment sounds fancy or even scary but..hang on..it's neither scary or fancy.

It's a proven way to kick yourself into action. I've taught this technique to a ton of people who've found amazing results in just minutes of using it..

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

Ask yourself..what are the goals that are important to you...

...why do you want to stop procrastinating?

What would that do for you...?

You have to find that desire within you and then use it to make changes and manage your time effectively..

That's the ONLY way we're going to motivate ourself to do all the tasks that are necessary (and sometimes let's be honest..these tasks can be boring or unpleasant) to reach our goals..

You need to find that passion, that burning desire to achieve your goals.

If you want a step by step process to go through your goals, find your burning desire to achieve them...

I highly recommend reading chapter 1 of Manage Your Time Now..

Click [here](#) if you haven't grabbed it already

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

“How to Crush Procrastination Caused by Fear”

Have you ever got really excited about doing something, planned it all out and then frozen?

Like seriously, you do all the planning work- you're excited, you definitely care about the project...

And then somehow you still freeze when it comes to actually doing the work..

I have!

That's one of the biggest killers of productivity, dreams and goals so let's talk about this one...Are you ready?

You see, when a goal means a lot to us...it sometimes activates the fear center of our brains..

...And we start thinking of all the consequences of failure...all the nasty things that will happen to us if we don't reach our goals..

That fear prevents us from taking any action because we want the actions to be so perfect that it becomes impossible to act..

That's weird isn't it?

We certainly don't want to fail...so we do something that's surely going to fail us..

I mean...is there a way to succeed without taking action?

Let me know if there is...I would sure like to know!

So, how do you deal with this kind of procrastination?

It's very simple actually...

All we need to do is take the big project that means so much to us and then **start breaking it down into little tasks that are easily achievable and doable..**

This **takes the fear out** and allows us to do something..

And..when we do something...we feel good..don't we?

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

So, here's your action step for today - **break big and scary tasks down and do them!**

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

"Discover How to Overcome Procrastination and Take Control of Your Time in Less Than 1 Week -- And Achieve Your Most Important Goals and Dreams Easily"

[Click here NOW](#)

You will Learn exactly How to:



Eliminate Procrastination Once in for all by Defining your Goals and Creating **To Do Lists That Actually Work.**



Achieve All Your Goals by Setting Up Career, Family or Personal Goals That Mean the Most to You and Give You **Automatic Motivation Every time.**



Achieve **More Success Easily at Work** by Producing **More Quality Results** in a Week Than Your Colleagues Can Produce in a Month.



Spend **Quality Time With Your Family**, Play With Your Kids More Often And **Feel More Satisfied and Recharged..**



Reduce Mental Stress Easily, You'll Go to Bed With the Feeling that You Have Done Your Best and Made Each and Every Minute Count. **No More Guilty Trips.**



No More Running Around Like a Chicken With it's Head Cut off. Be in **Complete control of Your Time**, Your Life and Your Priorities.

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<



Prioritize Your Schedule according to what is most important and **NEVER** again push off the most important things to 'someday'.



Divide up Your time for a **perfect Work, Play and Relax balance** that will recharge you and get you pumped up for **more success in your life**.



Find **Time To Relax**..Find Time for Spa, Treat Your Self to a Golf Game With Your Buddies, Relax By the Beach...**Do Anything You Want**..



Learn How to Never Get Sucked in By Old Habits and How to **Stay on Track** with Your Time Management No Matter What! (Time Sensitive FREE Bonus)



And more..

[Click here NOW](#)

Learn Time Management Skills

>>>>www.ManageMyTimeNow.com<<<<

Brought to you by

Manage Your Time *NOW*

www.ManageMyTimeNow.com

Learn Time Management Skills

>>>www.ManageMyTimeNow.com<<<<