

PROCRASTINATION

CHEAT SHEET

3 SIMPLE QUESTIONS TO
DESTROY CHRONIC
PROCRASTINATION IN 12
MINUTES OR LESS



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Hey there!

How's it going?

Ready to eliminate procrastination from your life once and for all?

If so, good. You're in the right place.

The goal of this guide is to help you to understand a simple mindset principle, that when applied, is incredibly powerful for overcoming chronic procrastination and will enable you to start taking action toward making your dreams a reality, whatever that means for you.

After reading this short guide you will be armed with a simple, yet awesomely effective technique to get you moving forward toward your goals, even if you've been struggling with overcoming procrastination for your entire life.

But first, allow me to briefly explain why my advice on this matter worth a shit, because frankly, most people who have lived their entire life swimming in their own self-induced mediocrity somehow feel extremely qualified to throw about their opinion on such a conceptual topic like procrastination, despite the fact that they are overcome by the beast of inaction day in, day out.

Why My Advice Is Worth Listening To

The title of website would be the best way to describe my life over the past few years. I have been solely focused on the Aggressive Evolution of my character and life.

I have improved my life in leaps and bounds across all aspects, to the point where the dysfunctional aspects of my character have been aggressively hammered out over this period of time, and I now experience life as a much better version of myself.

I'm stronger, leaner, smarter, happier, wealthier, healthier and well, simply *better*.

Contrary to the path of degeneration most take after high school, living for the escapism of substances and mind-numbing mainstream culture, I've taken it upon myself to take control of my life and "opt-out" of the normal path of consumer slavery that society was so nice to lay out for me.

I have forged my own path, and I am now reaping the rewards; peace of mind and the freedom to live each day 100% as my own.

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My self-elected path has lead me to:

- Transform my body from skinny-fat to a lean and strong 85 kgs.
- Build an online business that has earned me my freedom to not answer to anyone and make me money while I sleep.
- Have control over my relationships and only engage with people who improve my quality of life (no bullshit drama, pure positivity or you're out).
- Have the balls to give an unapologetic 'No' to any and all forms of bullshit that society tries to shove down our throats (*The ability to to say NO to nonsense is in my opinion, half the battle toward success*).
- Wake up at 5am most days with a fire in my stomach to kick ass for another day.
- Eliminate every addiction I had, from the big ones like alcohol and processed carbs, to more subtle addictions like Facebook and masturbation.

Now I don't say all this to brag, however I think it's important you can see where I come from to instill credibility in your mind.

But you're not here to learn my life story, so enough about me.

You're here because you want to overcome your problem with procrastination and start taking serious action towards taking control of your life and living your dreams, otherwise you wouldn't be reading this right now.

And that's exactly what I'm going to help you do.

Whether you're mindlessly scrolling through Facebook when you should be pumping out an assignment, you get more than your money's worth out of your Netflix subscription while the money you paid for your gym membership may as well been flushed down the toilet, or you're able to sit down and write down your goals and dreams, maybe even flesh out a clear plan to get there but you just never get around to actually

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‘starting’, you’re dealing with the same procrastination beast, that is relatively easy to conquer given the right tools, which I am about to give you in the upcoming pages.

Realizing you actually have a problem is a big step in itself, most people have their head so far up their own ass they can’t even consider the possibility that they’re not a perfect human being whose quality of life could be improved by changing their behavior, so by actually acknowledging you have a problem and seeking a solution is half the battle won right there.

In this short guide, I’m going to go through a specific trick that I personally use to trick my brain into effortlessly taking action and never falling victim to procrastination.

It’s simple, easy and quick to do, but once you do it you can start moving towards making your dreams a reality.

This is going to be a quick read, and shouldn’t take any longer than 15 minutes to go through, understand and implement.

After all, the purpose of this guide is to get you quickly *taking action* (while *enjoying it*), not to give you something to read for the next two hours and allow you to procrastinate further.

This trick is something I got from Tim Ferriss (author of the best selling book the Four Hour Work Week) and has helped me countless times to help me instantly switch gears and take the next step forward, helping me to build my momentum and aggressively move toward my goals and make awesome progress.

So to start with, I am going to describe the principle behind this mental technique, and then move into three simple questions that *literally force you to start taking action...*

Lets do this.

The Willpower Principle

Your Mind Has 'Gears'

Getting into a “work/productive” mode is like changing gears while driving a car. The part that takes the most energy is gaining momentum, while sustaining this momentum requires very little ‘fuel’.

Picture this:

You're driving in your car, and you just get onto the freeway, you need to speed up to keep up with the traffic, you hit the accelerator and you start speeding up. As you're doing this you're increasing the amount of fuel the car is using.

You reach the appropriate speed limit and ease up off the accelerator, and settle into “cruise” mode within a higher gear.

While you're traveling at this speed, your RPM significantly decreases compared to what it was a moment ago when you were climbing to your target speed. You are now using significantly less energy than you were before and you are traveling at a faster pace.

So where does most of the fuel get burned?

It gets burned in the accumulation of momentum, in the climbing through the gears.

80% of the energy used is required to get moving, once you've reached your desired speed, it takes very little energy to keep going as you're riding off momentum.

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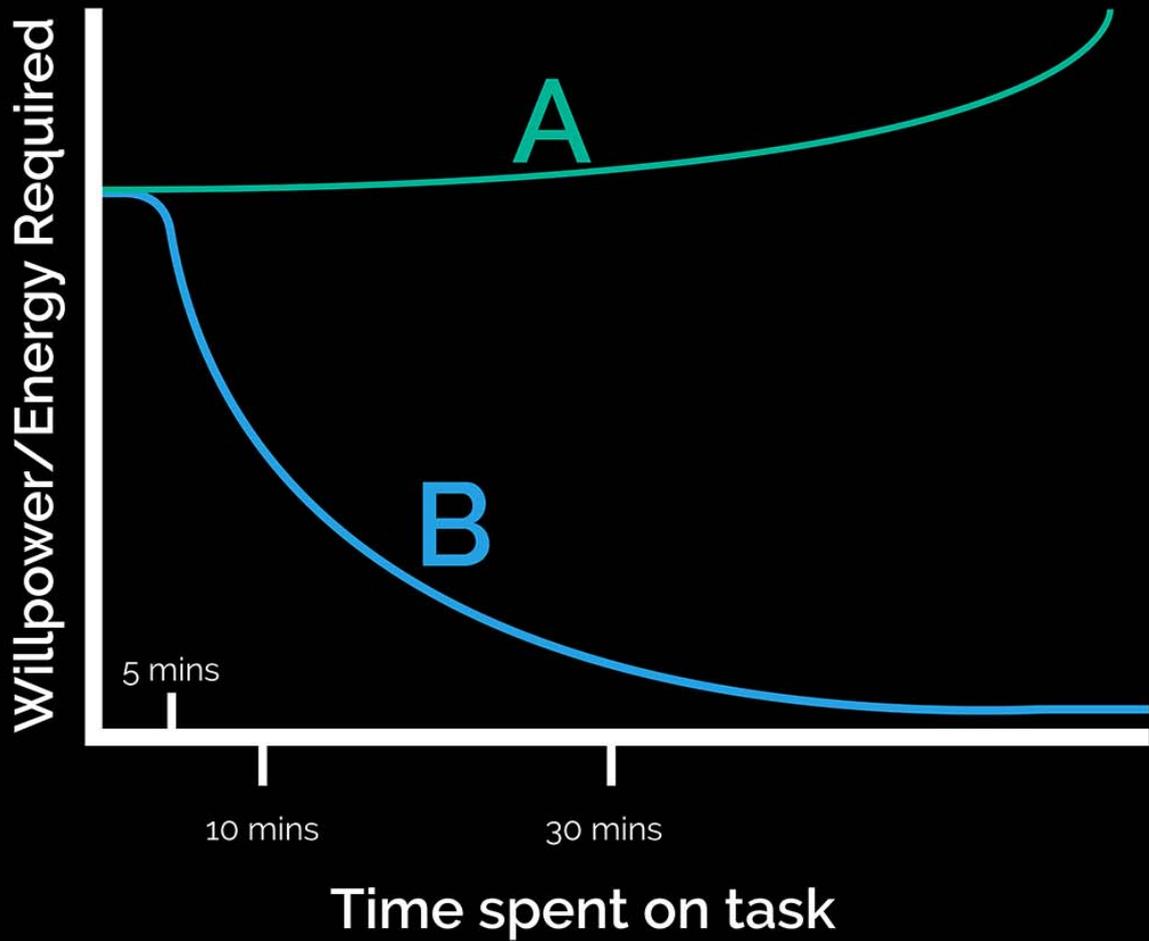
Your Brain Works Exactly the Same

80% of the effort required to do your work (whatever that is) is used in the beginning, when you're gaining your psychological momentum:

Writing the first 200 words of an assignment requires about as much (if not *more*) willpower as the next 2000 words.

Getting off the couch, packing your gym bag, driving to the gym and starting your first warm up set takes 80% of the entire willpower required for the *entire workout*.

To illustrate this point further, take a look at the following diagram, which visually compares the ratio of willpower required against time spent on any given task, both in the mind of a chronic procrastinator and in reality.



A - How chronic procrastinators think it is

B - How it actually is

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Make sense?

It's important you understand this, because once you understand and apply this one principle, you now have an extremely simple, yet powerful tool to combat procrastination and get you moving toward your dreams.

Side Note:

I even felt the same need to procrastinate when sitting down to write this exact guide on procrastination (the urge never disappears completely).

“Go take a piss, get a drink, then you’ll write it” - my mind was saying.

No thanks, I’ll just setup the document first and map out a rough outline.

Then I moved onto the core message, then I refined the idea, then I went over it and started articulating it more clearly.

Before I know it I’ve been writing for over 30 minutes, and I’m enjoying myself. I’m in gear and I’m cruising along smoothly. Procrastination avoided.

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So now that you understand the mechanics of this principle, it's time to apply it and start leveraging it.

Essentially, what you're doing in this exercise is **tricking your brain** to not fall into the trap of feeling crushed by a seemingly overwhelming task and allowing it to offer procrastination as a solution.

This is accomplished by focusing your energy and willpower solely on the aspect that takes the most effort (starting).

When you do this you easily bypass "overwhelm city" and before you know it you will be in gear, cruising along.

So either print out the following worksheet, or simply open up a blank document and copy and paste the questions in. Just as long as you actually do it, don't just in your mind, it's much more effective if you actually *buy in* to the task and physically do it.

Procrastination Cheat Sheet Worksheet

3 Simple Questions To Crush Procrastination

1. What is it that you want/need to get done and are procrastinating on?

(Going to the gym, starting an assignment, writing a diet plan etc).

2. What is the first step that you need to take in order to achieve this that will take roughly 12 minutes?

I've found using 12 minutes as a general rule for time required is the sweet spot between considering something as important enough to be worth doing, yet not long enough to bring on any sense of overwhelm.

E.g

- Open up MS Word and write a rough outline of the assignment.
- Pack my bag, drive to the gym and warm up
- Download a resume template and fill out my name and address

3. Even if I don't continue, am I capable of just doing that one initial step right now?

Right now, even if you do nothing more, are you capable of taking that first step (remember it should take no longer than 12 minutes)

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Note:

The more you do this, the more your brain begins to believe in the process and the easier it is to do, so to start with, you may still feel the overwhelm after working for the 12 minutes.

If that's the case, do this exercise again. Start with the next smallest task and make your entire life purpose, for those 12 minutes to get it done, without thinking about anything else.

Tell yourself “just 12 minutes off pure focus and then you can slack off if you feel like it.” Whether you actually slack off or not after the 12 minutes is irrelevant, what's important is that you're neutralizing the pressure and overwhelm you feel when you consider a task in it's entirety.

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GO DO IT!

The only thing to do now is to actually do the exercise, it only takes a few minutes and is easy enough to do, and then naturally move onto what follows.

If you have any questions feel free to email me at ryan@aggressiveevolution.com, or just to tell me how this helped you overcome procrastination.

Leave a comment below with your thoughts, any questions and share how this went for you.

All the best,

Ryan Kuchel