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"Get It Done, from Procrastination to Creative Genius in 15 Minutes a Day" is a book with suggestions, how-tos, and clever ideas to help anyone (but especially artists) choose their work, get their work done in a time frame (by working 15 concentrated minutes a day), and complete their work.

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Genius In 15 Minutes A Day **Get It Done: From Procrastination to Creative Genius in 15 ...**

"Get It Done, from Procrastination to Creative Genius in 15 Minutes a Day" is a book with suggestions Sam Bennett created the Organized Artist Company and she wrote a book that is part coaching, part time management, and part kick in the butt.

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"Get It Done, from Procrastination to Creative Genius in 15 Minutes a Day" is a book with suggestions, how-tos, and clever ideas to help anyone (but especially artists) choose their work, get their work done in a time frame (by

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Get It Done: From Procrastination to Creative Genius in 15 Minutes a Day by Sam Bennett, Paperback | Barnes &

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Genius In 15 Minutes A Day
Noble® Stop Making Excuses and Start Making Progress

Creative people tend to see the world a little differently than everyone else.

Get It Done: From Procrastination to Creative Genius in 15 ...

8 Tactics for Overcoming Procrastination

1. Realize that having things hanging

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over your head causes stress.. People are more motivated by avoiding pain, as... 2. Change your inner dialogue.. There's power in words. By declaring you are a "do it now" person aloud, you'll become a... 3. Use your ...

Get It Done Now: 8 Tips for Overcoming Procrastination

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- 11 Ways to Overcome Procrastination 1. Get rid of catastrophizing. One of the biggest reasons people procrastinate is because they catastrophize, or make a...
2. Focus on your "why." Procrastinators focus more on short-term gains (avoiding the distress associated with the task),...
3. Get out your ...

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11 Ways to Overcome

Procrastination | Psychology Today

Here's how to stop procrastinating, get things done now and get them done right. ... but procrastination differs markedly from genuine relaxation—it saves no time or energy. On the contrary, it ...

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Genius In 15 Minutes A Day **9 Ways to Stop Procrastinating and Get Things Done**

Kevin L. Gyoerkoe Psy.D. 1. Get motivated: Before you embark on defeating procrastination in 2013, you'll need to make sure that you're motivated... 2. Learn to set good goals: The annual list of most popular New Year's resolutions is littered with

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examples of... 3. Manage your time: To fully defeat...
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Get It Done in 2013: How to Overcome Procrastination ...

While it may seem like an impossible task, it is possible to overcome the challenges of procrastination—and actually get things done that you have

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been putting off. Here are a few tips to help you tame the procrastination beast: Take a deep breath and get started.

Procrastination: Why We Do It and What It Says About Our ...

The main psychological mechanism behind our procrastination is as follows: When we need to get something done,

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we rely primarily on our self-control in order to bring ourself to do it. Our self-control often receives support from our motivation, which helps us get things done in a timely manner.

Why People Procrastinate: The Psychology and Causes of ...

Isn't about time to STOP

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PROCRASTINATING and GET THINGS DONE? With this highly effective

personal coaching tool, you will get to the bottom of what you have been putting off, develop a strategy and the motivation to get it done and finally execute with precision. It is time to get things done! Select a pricing plan and sign up

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Stop procrastinating & get things done | School of Life

Good is the enemy of great, perfection is the enemy of done, done is the enemy of procrastination – so get her done. I would love to hear your thoughts on this. Comment below and share your ...

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**Procrastination vs. Perfectionism
and How-To Git 'Er Done ...**

Everybody procrastinates. Students, parents, employees, employers, and every other human can't help but procrastinate. No matter what you do, it's close to impossible to get rid of procrastination if you're not good at time management. Time management

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Sam Barnett
and procrastination are very closely related as one affects the other.

How Procrastination Makes Time Management Ineffective

Taking small steps toward better time management will help you reduce your procrastination tendencies and get you on track to get more done. Here's what

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Forbes Coaches Council members
recommend...

10 Ways To Beat Procrastination And Get Things Done

All procrastinators put off things they have to do. Structured procrastination is the art of making this bad trait work for you. ... they will quit procrastinating and

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get them done. But this ...

How to Procrastinate and Still Get Things Done

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Once you've set your goals and identified the nature of your

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procrastination problem, you can create a plan of action that will allow you to stop procrastinating and start getting things done. To create a plan of action, you need to figure out which anti-procrastination techniques you should use, and how to use them.

How to Stop Procrastinating: A

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Guide for People Who Want ...

With the understanding that procrastination is an affect related problem, the leading treatment for procrastination is a reduction in negative affect. In a recent study, researchers found that self-forgiveness for procrastination can reduce future instances of procrastination on similar

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tasks (in their case, studying for
university midterms).

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