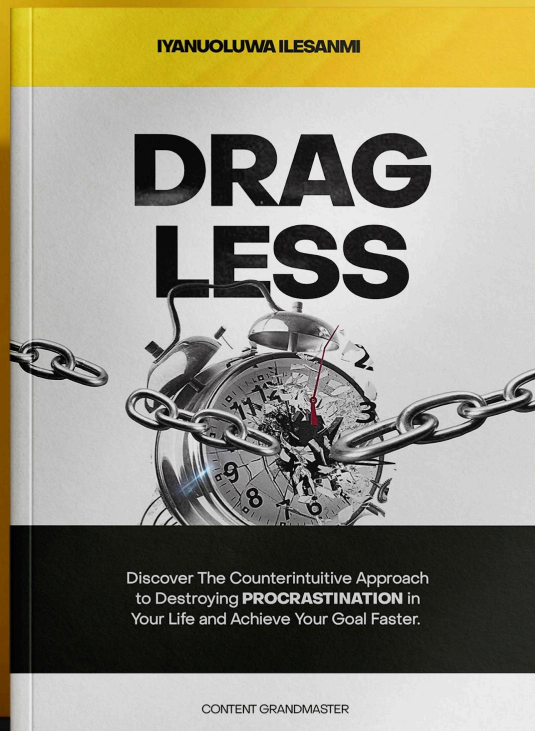




DRAG LESS

The Counterintuitive Approach to COMPLETELY Destroy
Procrastination In Your Life and Achieve Your Goal Faster

Content Grandmaster

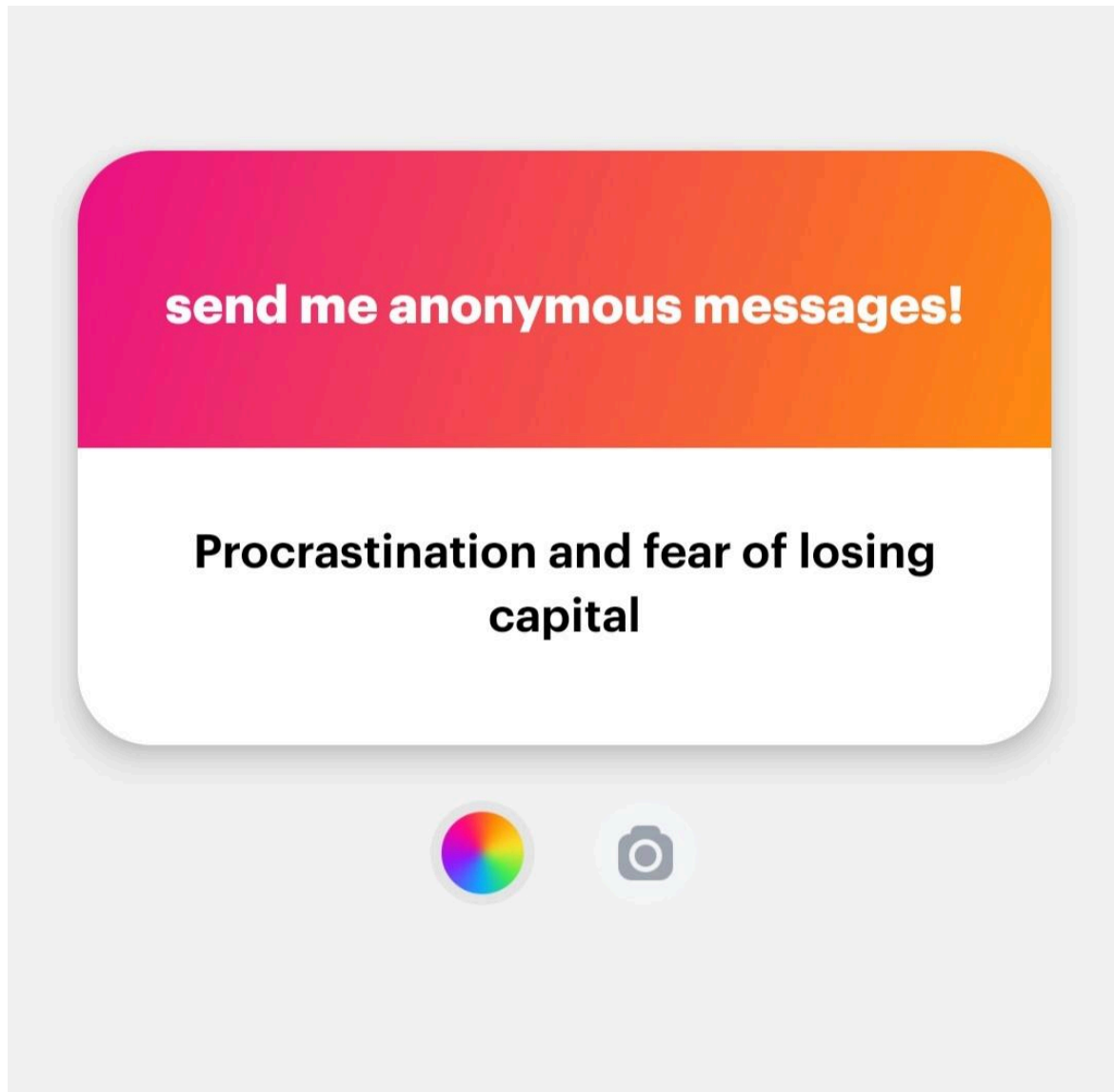
Tired of postponing your tasks for later and end up not doing them?

Discover The Counterintuitive Approach to COMPLETELY **Destroy **Procrastination** In Your Life and Achieve Your Goal Faster**

A little bit of context to this:

I shared an anonymous link on my WhatsApp and asked my audience what they are struggling with.

One of them responded in the screenshot below:



So, here's my response..

YOU ARE NOT ALONE

First of all, understand this;

Nothing is wrong with you.

99% of humans have at one time procrastinated (and still procrastinate).

Now, you can't totally eliminate procrastination in your life (don't get me wrong).

But, you can DRASTICALLY reduce how much you procrastinate on important things that move the needle.

Here's what I mean:

Not all tasks matter.

Not everything you do counts.

So, it's fine if you procrastinate on the MINOR things that don't directly impact your goals, aspirations, and growth.

So,

How Do You Know Those Minor Things That Don't Really Deserve Your Attention And You Can Put Further Till Later?

Simple.

Use the 4 quadrants of prioritization.

But, what the heck is that?

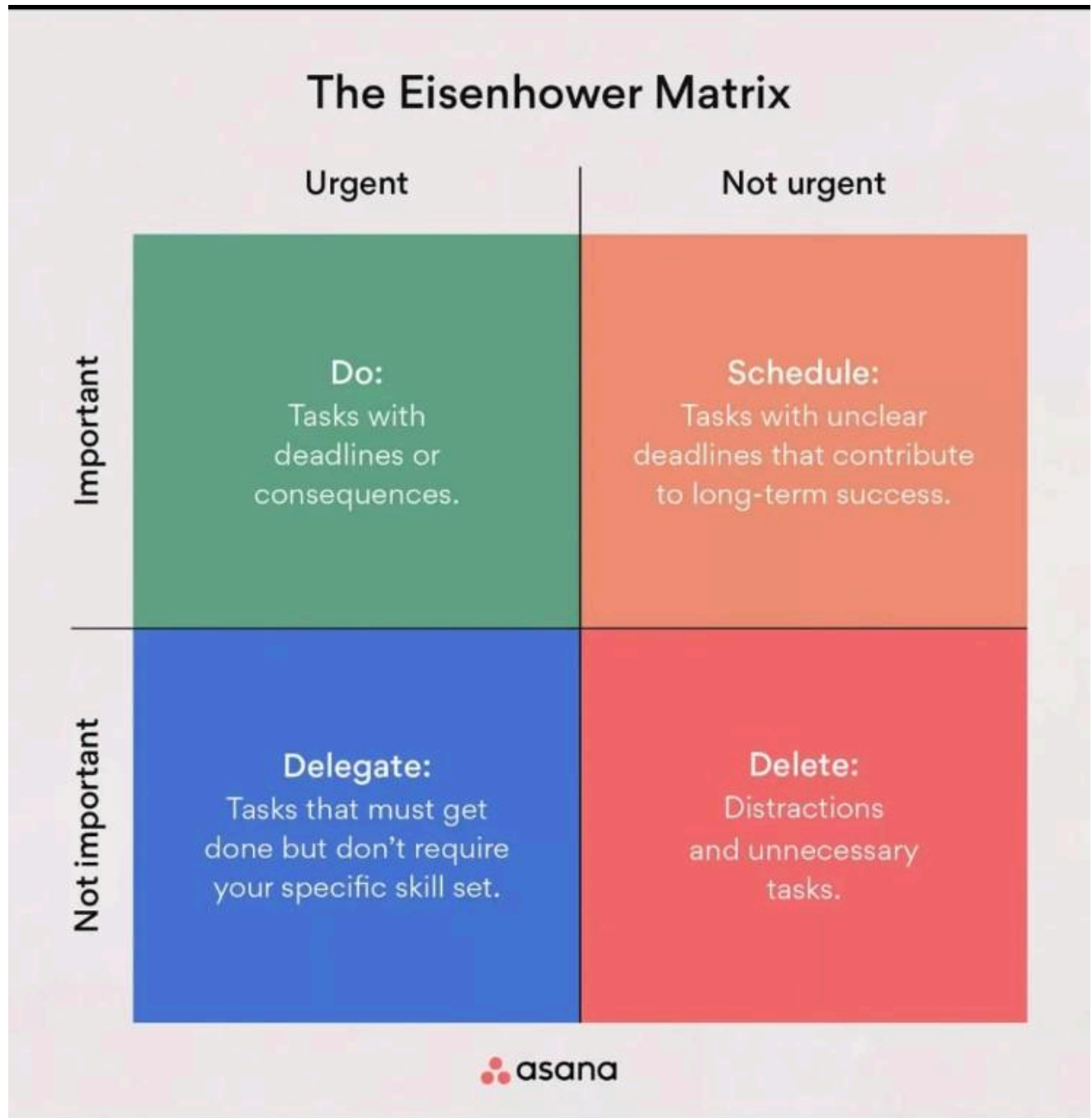
Well,

It's also known as **The Eisenhower Matrix.**

Or time management matrix,

Or the Eisenhower Box,

Or the urgent-important matrix.





The Eisenhower Matrix was created by **President Dwight D. Eisenhower** when he was the Supreme Commander of the Allied forces in World War II.

He had a lot of important decisions to make and tasks to do every day, so he needed a way to organize and prioritize everything.

Eisenhower realized that not all tasks were equal – some were really important and needed to be done right away, while others were not as crucial and could be done later or even skipped if needed.

So, he made a special box with four smaller boxes inside it.

The first small box was for tasks that were **both urgent and important**, like planning a big battle or making sure the soldiers had enough supplies.

These were the tasks that Eisenhower had to do first.

The second small box was for tasks that were **important but not urgent**, like training new soldiers or planning for the future after the war was over.

The third small box was for tasks that were **urgent but not that important**, like answering some letters or attending certain meetings.

The fourth small box was for tasks that were **neither urgent nor important**, like reorganizing his office or taking a break to relax.

So, putting all his tasks into these four boxes helped him to easily see which ones he needed to focus on first, which ones he could procrastinate on, and which ones he could possibly skip or delegate to someone else.

Now,

How Can You Apply This To Yourself?

I will use myself as an example..

As a content strategist and at this point in my life I have two goals:

1. To get clients
2. To get better at my skill.

Now, let's say I have 10 tasks to do for a day:

1. Watch my courses on content creation
2. Wash clothes
3. Call Benjamin
4. Reply my mails + WhatsApp messages
5. Create content on my page
6. Call a friend
7. Get on business calls
8. Pitch to clients
9. Play football
10. Deliver a package to a friend

Here's how I can use the Eisenhower Matrix:

<u>Quadrant 1</u> Urgent And Important: • Create content on my page • Get on business calls • Pitch to clients These tasks are <u>directly related to my main goal</u> and need your immediate attention.	<u>Quadrant 2</u> Not Urgent but Important: • Watch my courses on content creation This task is important for improving your content creation skills, <u>but it's not urgent or time-sensitive</u>. I can schedule it for later.
<u>Quadrant 3</u> Urgent but Not Important • Call Benjamin • Reply my mails + WhatsApp messages • Deliver a package to a friend These tasks may be urgent in the sense that someone is expecting me to do them soon, <u>but they're not directly contributing to your main goal</u>.	<u>Quadrant 4</u> Not Urgent and Not Important: • Wash clothes • Call a friend • Play football These tasks are <u>neither urgent nor important in relation to my stated goal</u>. They can be delegated or done later if I have spare time.

Now, I can focus my time and energy on the vital few tasks that will lead me towards my goal, while keeping the trivial many from derailing your progress.

Because the truth is that:

When you procrastinate on important things, you end up doing unimportant things.

So, attaching priorities to your tasks helps you to know which tasks you should procrastinate on and the one you should do with immediate effect.

PERSISTING SYMPTOMS?

Now,

It is one thing to know the tasks you should focus on, it's another thing to focus on that task.

What do I mean?

Sometimes, it's not that you don't know what you should do..

You just don't do them for whatever reasons that could be..

Probably laziness, low drive, lack of motivation, or simply being overwhelmed by the number of tasks you have to do..

But then,

If after outlining your most important tasks, you end up still procrastinating on important stuff, then here's what you should do;

1. Figure out your why

The first step is to clearly understand your motivation, your "why" behind pursuing your goal.

For me, it would be that I have to figure out why I want to become better at content creation and sign high paying clients.

Listen,

When you have a STRONG WHY that drives you, it becomes easier to muster the drive and discipline required to take action.

Perhaps your "why" is to achieve financial freedom and break free from the 9-to-5 grind.

Or maybe it's about leaving a lasting impact on your industry through your content.

Whatever your "why" is, keep it front and center in your mind.

Write it down, create a vision board, or set reminders..

Just do whatever it takes to constantly remind yourself of the bigger purpose behind your plans.

2. Create Systems Around The Things You Need To Do

Relying solely on motivation and willpower can be draining and unsustainable in the long run.

I know it because it has happened to me.

Sometimes you'll get high on energy.

Other times, the drive will just be low.

That's why it's crucial to create systems and habits around the tasks you've identified as urgent and important.

For instance,

If "creating content on your page" is a top priority, schedule specific time blocks in your calendar dedicated solely to this task.

Turn it into a non-negotiable appointment with yourself.

Additionally, you could create a distraction-free environment by silencing notifications, closing

unnecessary tabs, and even using website blockers to eliminate online distractions.

Another system could be to break down larger tasks into smaller, actionable steps.

Instead of feeling overwhelmed by the daunting task of "pitching to clients," you can break it down into researching potential clients, crafting personalized pitches, and following up persistently.

You dig?

Let's move on.

3. "Punish" Yourself When You Don't Complete The Tasks

I know, I know,

This sounds harsh but introducing consequences for not completing your important tasks can be an effective motivator.

The key is to make the "punishment" something meaningful to you, not just an empty threat.

For example, you could set up a recurring payment to a friend or a charity you don't support if you fail to meet your content creation goals for the week.

I am currently doing this with my friend, Benjamin.

If he doesn't perform certain tasks in a day, he's going to pay a fine.

Your "punishment" can also be to do a chore you despise, like cleaning the entire house, if you don't make those crucial business calls.

The idea is to create a sense of accountability and discomfort that outweighs the temporary relief of procrastination.

4. Reward Yourself When You Complete Your Tasks

Just as you introduce consequences for not completing tasks, it's equally important to celebrate and reward yourself when you do follow through on your important tasks.

This positive reinforcement helps to solidify the desired behavior and make it more enjoyable and sustainable in the long run.

Your rewards could be as simple as treating yourself to your favorite meal..

Or indulging in a guilty pleasure like watching K-drama (at least that's it for me).

You could also set up a more significant reward, like a weekend getaway, after achieving a major milestone, such as landing your first few clients.

The key is to make the rewards something you genuinely look forward to and that aligns with your values and interests.

5. Get An Accountability Partner

Find someone you trust, preferably someone who shares similar goals or understands the importance of your pursuits.

Set up regular check-ins with your them, where you both share your progress, challenges, and action plans for the upcoming period.

This external accountability can provide the extra push you need to follow through, as you don't want to let your partner down.

Additionally,

An accountability partner can offer objective feedback, support, and encouragement when you feel stuck or demotivated.

Finally, My Brethren.

Now,

If everything still doesn't work, maybe you should just give up.

Well, maybe not.

Try again.

With time, you'd become better.

Also, don't aim for a drastic change.

Instead, work towards becoming a step (1%) better each day.

With time, you'll get a hang of it.

That's The GrandMaster Way.

This helps?

Send me a review [**HERE.**](#)

Grazie.

Content Grandmaster.