

**CONQUER YOUR
PROCRASTINATION
&
GET YOUR THINGS
DONE EASILY**



***Proven strategies to increase
your productivity dramatically and
DOUBLE what you get done every day***

MAYUR BARDOLIA

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DOUBLE what you get done everyday

By Mayur Bardolia

www.mayurbardolia.com

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About the Author

Mayur Bardolia One of the most qualified and highly academically recognised as Success & Happiness Coach, Inspirational Speaker, International NLP Trainer, author & Genius Generator.

He has devoted several years of his life to create training that teach people all his best strategies and techniques for personal development, business growth, profitability and happiness and you can find it all here on his website www.mayurbardolia.com.

Learn more about Mayur and how you can use our products and strategies to make your business thrive.

He has hundreds of thousands of people on our newsletter and students from around the world visit our website.

His vision is to inspire individuals to achieve lifelong success & happiness by generating genius within them.

He sees everyone filled with infinite potentials. He sees everyone as the dreamers, innovators and leaders who make the world a better place through their actions and creations.

He believes that we all have the ability to build a life, career and business that supports themselves, their family and the world.

He wants to create magic in your life by helping you to increase your success, confidence, income, profit, happiness and business that leaves lasting impact.

No matter wherever you are in life, Mayur is committed to taking you from where you are now to where you want to be.

He will make sure you get your desired outcome whether in your personal life, professional life or both.

He promises to give away 10X more value than you ask for in return. It's that simple!

Mayur loves to connect with people like you. You may want to connect with Mayur on mayurbardolia@gmail.com.

You can access tons of resources of Mayur on www.mayurbardolia.com

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*My students and clients who always motivated me to work even
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To everyone who met me in life and taught me wonderful lessons

To all those who made me happy

Introduction- Beginning of Productive Life

What dreams you wanted to achieve but you didn't even try?

What tasks you believe you must do in order to gain success and happiness but you just avoided doing because you had no desire to do so?

It's been said that success happens outside your comfort zone.

But unfortunately, we are far too comfortable in our comfort zone.

People have become far too lazy and distracted than ever before. Maybe it's because of latest scientific development which has made our life a lot easier. Most of our things are done at our fingertips.

You wish there is a short cut to achieving success, peace, happiness and wealth.

You all can do so many things that You think as miracles.

The problem is that we haven't decided to make those things happen. We have cultivated the habit of procrastinating. You have learned to be lazy and now in this book you will learn how to unlearn to be lazy.

You are probably looking busy and doing nothing.

You now have the opportunity to get and live the life you deserve.

You are going to discover solutions for the problems that are stopping you from accomplishing your tasks.

Also, you are going to learn tried and tested powerful technique to increase your concentration and focus.

You will also know some of the easiest techniques to improve your productivity. So who do you want to be?

Read this book, learn and apply strategies and techniques to improve your productivity enrollment in this course and live the life you desire and deserve.

Chapter - 1. Welcome to The World of Productivity

"Stuck = won't move. Trapped = can't get out.

It's vital to distinguish the difference."- Dusan Djukich

What is procrastination and what to do about it?

"OK, it's time for me to do that I am supposed to do. First of all, let me clear the desk and get organized. Then after 5 minutes, a coffee/tea would be nice. Let me check my inbox. Oh, there are some cool blogs.... Let me see what my friends are doing on Facebook. Oh.. I am getting tired. Let me relax for a while and watch TV. Oh! Whose Text I got?!? OMG, It is 1:00 in the afternoon, and I haven't done anything?"

Sounds familiar? Welcome to the world of procrastination!

One of the biggest challenges is staying focused. We have lots of things to do but we are just stopped ... we are not doing worthwhile.

We are far too busy but doing nothing.

We know what we should do and we don't decide.

The issue is not we are procrastinating, the issue is what are you doing to overcome this procrastination.

You now have the opportunity to get and live what is rightfully yours, YOUR LIFE!

"Procrastination is the mass murder of opportunities in your life"

We are bombarded with information all day long. We are living in a time where tons of useful information is at your finger tip.

We are always in search of comfort. There are hundreds of (in fact thousands of) blogs, videos and podcast available to make our life easier.

Really?

You will be surprised to know that internet and smartphones were invented and promoted as a tool for saving our time and get more work done quickly. Sounds ridiculous!

In fact, these tools are draining our time and energy.

Also, we love to live a comfortable life. The last thing we want is 'WORK'.

The reality is that nothing happens until you take actions. Our desire is to be successful in all areas of our life.

Success is the dream that has come true after the work has been done.

In this book, you are going to find ways to get more things done.

Ultimately, your dreams don't matter if you don't take action. Your laziness will never help you to achieve the success you want.

Do you feel really great if you just do nothing for hours and hours?

Or do you feel excited after accomplishing your outcomes?

People just wait...wait and wait....and you know what, they just wait.

People are far too much loaded with endless unproductive tasks. Multitasking and indecision make people life more miserable. They waste our energy and time.

We have hundreds of things to do. In fact, we want to do so many things but we do nothing.

We have million-dollar ideas but what would happen if we don't convert million dollars out of our million dollar ideas? What's the meaning of holding the idea?

So, the biggest challenge is how to get your things done easily.

You look constantly busy but doing nothing.

There are many reasons you procrastinate.

1. *You don't know the purpose of the work you are doing*
2. *You don't know the end-result of your work*
3. *You don't know how to complete the work from the beginning to the end*
4. *You have fear of failure*
5. *You have lack of confidence*

6. *You might think what people would say. You are seeking for validation*
7. *You don't want to take responsibility of your life. You would say, "why would I do?"*
8. *You are waiting for the right time and right place to do what you are supposed to.*
9. *You can not focus on your task.*

We will be knowing in upcoming chapters about how to overcome above reasons for procrastination.

When we finish our tasks successfully, we feel really good.

Do you want to smile after the accomplishment of tasks? Why?

Because, Joy and satisfaction you are going to have after completion of your tasks is a lot better than frustration and pain of being lazy.

Do you want to take charge of your life or live your life by chance?

Do you want to get things done or just regret in your later life for not doing worthwhile when you are supposed to?

Now, it's time for you to get rid of laziness which is holding you back for many years.

Take the decision right now to take productive actions.

Are you ready to transform your life by avoiding procrastination and get things done quickly?

Procrastination is a habit.

You have learned to procrastinate.

You have been lazy for years, so your unconscious mind will not easily learn to do work quickly.

Simple affirmations about being productive will not work at all because your unconscious mind has been lazy for years and it will be the same for entire life.

You must change your habits consciously first of all and be aware of what's happening in your life around. See if you are getting results or not.

Don't be in the illusion of positive thinking and hollow motivational energy. It's going to evaporate soon and you will be the same old unproductive.

You are going to learn techniques and strategies to boost your productivity. It is highly recommended to practice.

Learning occurs only when it comes in your behavior. Like we discussed earlier, your unconscious mind has learned to be lazy so you need to train your mind to be productive. And that too is possible with initial conscious attempts.

If you think you are happy with lazy and unproductive life, then by all means, please stop reading this ahead.

But if you want to fulfill your needs and to achieve success, fame, wealth, security and happiness, you must go ahead and read this book.

Understand, apply, enjoy and create results!!!

"This life ain't no dress rehearsal..." - John Lennon

Chapter – 2. Two Questions to Take Off

“If you do nothing, nothing happens.” ~ Unknown

How only two questions will unstuck you?

How have we become lazy?

As we discussed in last chapter, we have the habit of becoming lazy. We consciously avoid taking action.

Before we discuss two questions, let me share you a story:

I have been to a training seminar few years back. It was a big conference hall packed with 70 people. I was sitting in the last row. The seminar was about interesting topics of entrepreneurship. After 2 hours of the session, the speaker announced a break and asked us to go out of the room for refreshment. So people started walking out but you know what the door could not be opened. There was no handle on the door. People pushed the door but again they could not open.

We have tried every possible way to unlock ourselves from the room. I was watching it from the distance. This was the door without the handle and can't be opened by pushing it. We were worried because we have never seen this type of door before. We were busy figuring out to unlock it.

Then after, someone asked the speaker about this issue. Then the speaker told us to have a look a digital panel next to the door. There were some buttons of numbers. He asked to enter the code '0123'.

So someone entered the code and the door was opened. It required a different strategy to unlock the door.

Why am I telling you this story?

Because in our life **we have kept our doors locked and we never tried to figure out, it might require a different strategy to open the door. It is habitual.**

We have cultivated the habit not to take new action just like we tried to figure out the same old strategy will apply to new problem.

In fact, it doesn't work like that.

We have kept ourselves stuck when we face a new problem, project or goal in front of us. We might have failed few times in our past and that stops us taking new action.

When we learn how to open the door for the first time, we apply the same strategy to open all other doors. But as soon as we see different doors, we learn new strategies to open the door.

For example, the office doors, hotel rooms' doors, security doors are different than the doors at your house. Some require to move the handle upward or downward, some requires to insert a key card to unlock and some requires digital code to unlock.

Now,

You want to do so many things.

You want to achieve wealth and success.

You want to contribute to the society.

You want to earn fame.

You want to take actions.

But, nothing is happening right now.

So, the number One question I would like to ask you is, **“Who is stopping you?”**

Exactly, what is stopping you from taking action?

Que.: 1. What stops You?

You are freezing the problem in time and preventing it from affecting the future (which is, of course, unwritten)

In fact, when you look at work, it looks like a problem.

And based on our past experience of failure, we trying to stop ourselves.

We believe that we may not succeed in the future.

In fact, the future is always unwritten. You can not predict the future specifically.

So based on our past, we assume that future will be uncertain and future will be most probably a failure.

We imagine the frustrating future.

So ask yourself again, “who is stopping you?”

No one is stopping you from taking action. Only you are stopping yourself from taking action.

We learn by actions. We don't learn by imagination and hollow talks.

Experience is the best teacher.

Experience gives us the opportunity to know the feedback.

There is no such thing as a problem. There is always an absence of a solution.

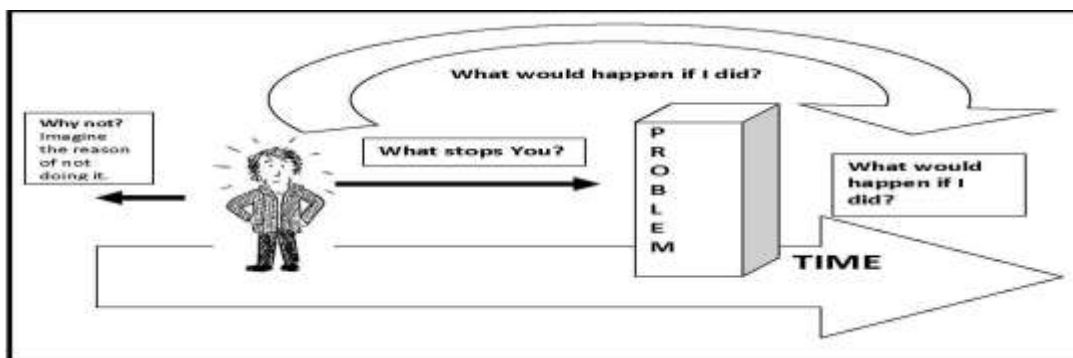
You are not stuck. You are not stone. You just need to get on and keep moving.

The problem is, you think of a bad and unproductive future.

You have the freedom to think, so why not think about productive and powerful future?

Now, question no. 2 is “What would happen if you would do the work?”

Que.: “What would happen if you would do the work?”



It forces you to create an internal experience of the future in which you have solved the problem.

In order to answer the question, you must create this new future representation.

In order to create that representation, a very important change must happen inside your head. Now you create new possibilities, and therefore, a solution to the problem. If you can imagine it, then it can exist.

This question will help you to build the positive representation of the future and this will motivate you take some action rather than creating all those negative representation about the future.

So, when you are stuck, remember these two questions:

- 1. Who is stopping you?**
- 2. What would happen if you do the work?**

“Do or do not, there is no try.” - Yoda

INTERESTED???

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