Twitter Thread by FI Mindset

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Procrastinators, open this:

- Psychology Thread -

1. Change your environment

It has a huge impact on your productivity.

Take a look at your current workspace, does it motivate you to work? Or does it make it harder for you to concentrate?

Try and find an environment that has zero distractions, both physical and digital.

2. Break your work into smaller steps

One of the main reasons people procrastinate is because subconsciously, they find the work too overwhelming.

Break it down into little parts, and focus on one part at a time.

Suddenly things will seem more manageable.

3. Plan ahead

Most people waste time frantically figuring out what they'll do on any given day.

Take a few minutes at the end of each day to quickly map out the following day.

This way, your goals and projects are given dedicated time to be crushed.

4. Work towards deadlines

Create an overall timeline with specific deadlines for each small task.

Your work timeline should be robust, meaning it should be set in stone and not flexible.

This way it creates the urgency to act.

5. Reward yourself

Doing things with zero rewards in site can make it even harder.

Endless tasks without any reward can make anyone feel like quitting.

So don’t be afraid of giving yourself a break every now and then.

6. Stop over-complicating things

Many people spend their days strategizing, planning, and waiting for the perfect time.

After some time of planning, you just need to start regardless of how ready you are.

Perfectionism is one of the biggest reasons for procrastination.

If you want to achieve your goals and dreams, you must read "Iron Clad Discipline"

It will teach you how to

- Not rely on motivation
- Become disciplined overnight
- Quit procrastinating

Click here to achieve your dream life: https://t.co/sxwq9ZxDTc (aff)

Thanks for reading!

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https://t.co/zHvucrYwkR

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