

How to Stop Your Procrastination

Listen up! We need to talk about procrastination. No, seriously. Grab a coffee, sit back, and let's break it down. You say you're too busy. You say you don't have time. But hold up—let's just hit pause for a second.

You and I? We both have 24 hours in a day. If you're not getting stuff done, it's not because you have "no time"—it's because you're lacking focus, and maybe just a tiny bit of discipline. If your dreams is important, you will prioritize it like your lover. And I'm here to help you fix that in a way that actually makes you laugh and takes you to the next level of productivity.

You ready? Let's roll.

Step 1: Own Your Focus (Because You Are the Boss)

Let's start with this: You're not too busy. You just don't have your focus where it needs to be. It's like saying you can't clean your house because there's too much dust... but then you spend hours doom scrolling on your phone. Yeah, I feel you. We all do it.

Here's the thing: When you say, "I don't have time," what you're really saying is, "I've chosen to give my attention to other stuff." And that's fine—if you want to keep spinning your wheels. But let me ask you something: How do you feel when you check off a to-do list, hit a goal, or finally finish a project that's been hanging over your head? Like a superhero. And why? Because you decided to focus.

You don't "not have time"—you just haven't put your attention where it needs to be. Which brings me to...

Step 2: The Magic of the 2-Minute Rule

The key to breaking procrastination is doing the smallest possible action to get you started. Seriously. If it feels like a mountain to climb, it's probably because you're thinking about the whole thing—which is like trying to eat an entire pizza by just staring at it. You need to take the first bite.

Enter the **2-minute rule**.

It goes like this: If it can be done in 2 minutes or less, do it now. That's it. Whether it's sending that email, making that phone call, or getting your Shooinverse NFT. Just get it done. You'll be surprised how much you can actually accomplish in 2 minutes. And here's the kicker: Once you've done 2 minutes, you're already rolling.

Momentum, my friend. Momentum is your new best friend.

Step 3: Break Things Down Like a Pro

Ever heard of "chunking"? It's not just a dance move—though you can totally make it one. It's about breaking big tasks into manageable pieces. Instead of "I need to write a 10,000-word report," try this: "I'm going to write 300 words in the next 30 minutes." That sounds more doable, right?



Your brain? It's built to avoid overwhelm. When you look at a task as a mountain, it panics. But when you turn it into a series of small, manageable rocks, it's like, "Alright, I got this."

Let's make it practical. Need to clean the house? Don't look at the entire house as one task. Break it down: "I'll pick up the laundry in the living room for 10 minutes." Boom. Done. You'll be amazed at how quickly those little chunks add up to a clean house—or a finished project.

Step 4: Ditch Perfectionism

This one's a killer. Perfectionism might sound like a nice thing to have, but it's really just procrastination in disguise. You're not going to create your masterpiece in one sitting. And, spoiler alert, it's never going to be perfect—but it will be done.

Think of it this way: Would you rather have a perfect, unfinished task? Or an imperfect, complete one? I know what I'd choose—and it's the one that's done and out the door. So lower the bar a little. Done is better than perfect, every single time.

Step 5: Use the Power of Deadlines (Even If You Have to Create Them Yourself)

Deadlines aren't just for school projects or work. You can create your own. Set mini-deadlines for yourself, and treat them like you're getting graded. If you're working on something big, break it into smaller tasks with mini deadlines. "I'll have this section done by noon," "I'll have this email sent by 2 p.m.," and so on.

If you need extra motivation, remember you're going to die, you just don't know when. Nothing makes you move faster than the fear of regret.

Step 6: Reward Yourself (And Be Shameless About It)

Procrastination is your brain's way of saying, "We don't want to do that." So let's bribe it! Create a system where you reward yourself after completing a task. Whether it's a nice cup of coffee, a quick scroll through Instagram, or even treating yourself with Shooinverse exclusive art, build in small rewards for each win. Because let's face it—if there's one thing we can all agree on, it's that we're far more likely to finish something if there's something in it for us.

Remember That Feeling?

Remember when you were a kid, your only focus is wanting to play for 24 hours straight? You even skipped sleep just to keep playing your favorite game. Guess what? **You still have that energy.**

Tap into that drive. Get excited about your work the way you used to get excited about play. And by the way, if you love yourself please eat clean, healthy food to fuel your energy.

So, stop making excuses and start focusing.

You're not too busy, and you're not "out of time." What you need is focus, and a little bit of humor to get through the mess. Start with 2-minute chunks, break your tasks down like a pro, ditch perfectionism, create your own deadlines, and reward yourself



shamelessly. Train your brain to **focus on what matters** so you can start checking things off your list and feel like the **productivity machine you were born to be**.

You've got this! And hey, let me know when you finish that thing you've been avoiding. I'll be here—probably procrastinating on my book.

“Nothing will change if you don't change.”

