

Kick Procrastination To The Curb

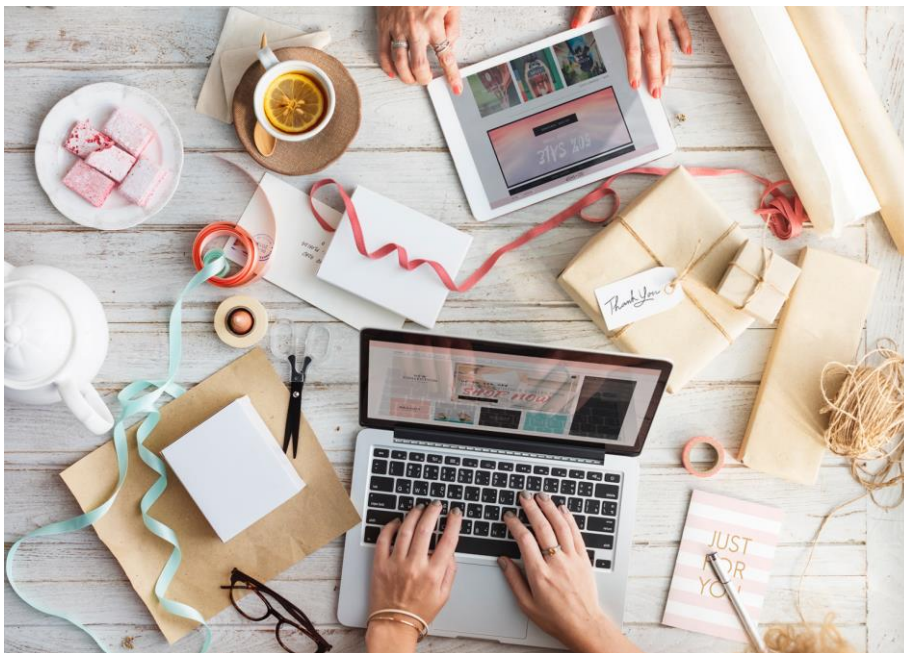
(and do what lights you up)

Welcome!

If you're reading this, it means you're ready to stop making excuses and finally find the time and energy to pursue your passion. Well, you've come to the right place :-)

The following 3 action steps aren't difficult. The issue is that it's just as easy *not* to take them, and so I suggest you promise yourself right here, that you'll implement them today.

1. Manage your distractions



Never in history have human beings been so surrounded by technology and distractions. From Social Media to friends' text messages, it's hard to focus on anything for more than a few minutes. How are you supposed to pursue your passion, when shiny notifications constantly pull you in all directions?

Some people will tell you to get rid of technology altogether, but for most of us, that's just not realistic. Here's a more manageable approach, and it's your first action step:

Check all emails, messages, and Social Media three times a day - in the morning, around lunchtime, and in the evening. Post to your heart's content, answer messages, scroll and read for 10 minutes. And then close the damn things down.

It requires some discipline, but once you've mastered this, it's incredible how it increases your ability to focus - and just how much time it frees up in your day!

Tips:

1. Turn off notifications on your phone. It's very hard not to look when the tantalising "ding!" sounds every few minutes. Remove the temptation.
2. Set recurring alarms on your phone for when you're going to check emails and messages (for example, at 9.00, 14.00 and 20.00). That way, you won't forget.

2. Take breaks



This sounds counterproductive. You don't have enough time, so how could it possibly be useful to spend even more time by taking breaks?

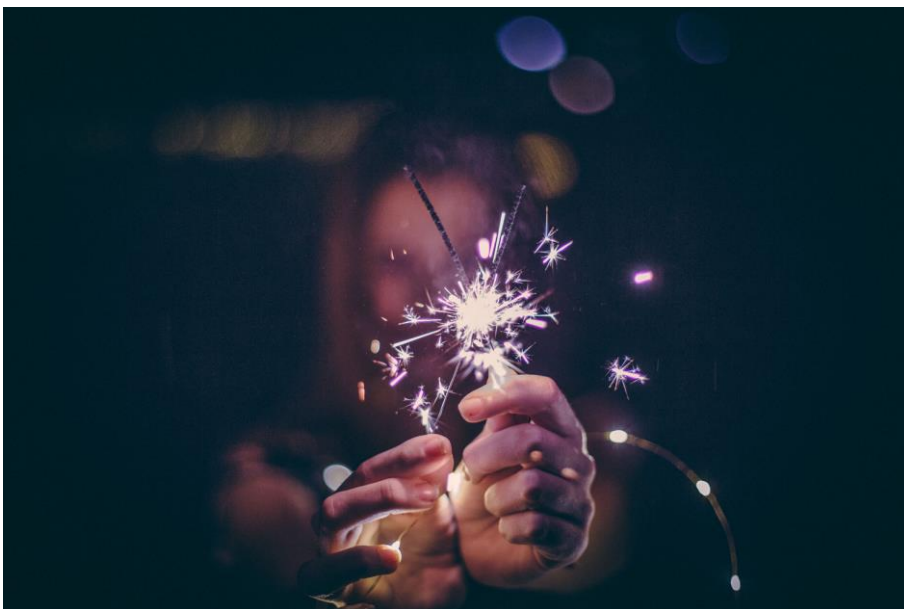
The truth is that we aren't equipped to concentrate on anything for approximately an hour. After this time, our mind begins to wander, our attention to detail wanes, and our productivity declines. If you try to push yourself to keep going, all you'll manage is to produce a lot of shoddy quality work and leave yourself with a tired zombie brain.

It's much smarter to structure your day in a way that's designed to keep you at your top game for as long as possible. Studies have found an ideal work rhythm, and I suggest you implement this for any tasks like housework, studying, or even your passion.

- Work around 50 minutes without interruption or distraction.
- Take a 10-minutes break.
- Keep repeating the cycle: 50 minutes work, 10 minutes break.

You can get astonishing amounts of work done this way. You'll be surprised how much faster you'll be finished, and how fresh your brain still feels afterwards! Now you can go and do what lights you up.

3. Spark up your brain



In his book *Spark*, John J. Ratey presents the solid science proving that exercise powers up the brain. People who move are quite literally smarter. And you can use this knowledge for your own benefit, no matter what your fitness level is:

Move your body either once a day for 30 minutes or for several shorter intervals. Worried you won't find the time? Use those 10-minute breaks you're taking (see Step 2)! They're perfect for a little walk, a run or a boogie around the room to a funky tune.

Exercise doesn't have to be on an olympic level in order to be beneficial. You'll be astonished at the clarity of mind this gives you. Imagine what you could do if you always felt energetic and alert.

Remember, you deserve to pursue your passion! It's a gift which shows you your soul's purpose in this life. Don't banish it to the half-hour on a Sunday evening when everything else is done. Put it front and centre.

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### **About me**

I'm Sibylle of [www.wildspiritscoaching.com](http://www.wildspiritscoaching.com), a trained and accredited Life Coach with over a decade of practical experience helping Wild Spirits prioritise their passion(s). My home is the gorgeous West of Ireland, although I currently live in Croatia.

It's my belief that we were put on this planet to do what lights us up. Nothing is a clearer indicator of your soul's purpose than the things you're passionate about.

In my own life and with my clients, I've experienced time and time again that once passions are made a priority, miracles happen and life falls into place around them in the most beautiful way.