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NINE MALICIOUS MYTHS ABOUT PROCRASTINATION

BUSTED

By Marc Gilson, Centerpointe Research

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Nine Malicious Myths About Procrastination: BUSTED

"Procrastination is the thief of time." - Charles Dickens

What's stopping you?

Think carefully about that question.

What's keeping you from doing what you want or need to do? What's holding you back from living the life that you truly desire?

Is it a lack of time? Money? Health? Knowledge?

Whatever it is, there's very likely a single issue lurking at the core of any reason you have for not achieving what you want in life. For some, it's a bad habit. For others, it's a way of life. You see, it's not really money or time that's holding you back.

It's procrastination.

Procrastination is usually at the core of every solvable problem.

But even if you think of procrastination as just one bad habit among others, the truth is that procrastination is the King of Bad Habits. That's because procrastination doesn't just cause us to be unproductive. It gets in the way of breaking any of our other bad habits.

As a result, our addictions, worries, toxic self-talk, anger, and frustration get worse and worse, because we put off dealing with them, healing from them, and overcoming them. Once we've allowed procrastination to take control of our decision-making, we're stuck in the mud - immobilized, frozen in place.



An Ancient Problem We Still Grapple With Today

Did you know that the ancient Greeks were among the first to recognize the problem of procrastination? Philosophers like Plato and Socrates discussed the concept of *Akrasia*, which roughly translates to “acting against one’s better judgment or against our best interests.”

What was it, they wondered, that caused human beings to act in ways that they knew would hinder or even harm themselves? Why do people engage in unhealthy or risky behaviors? Why do people fail to act when necessary to keep themselves healthy and safe? These are important questions, and they’re not easy to answer.

While *Akrasia* and procrastination are not exactly the same, they both boil down to one problem - a lack of follow-through on things we want to achieve. Even our best intentions can wither and die unless we act on them. Our dreams of a happier life can fade with time as we never seem to find the time, the courage, or the energy to take that next step.

There’s no denying that procrastination causes us to act against our best interests (even if we take no action...more on that later). So what is procrastination really doing to your life?

Think about it for a moment: if you suddenly woke up tomorrow morning and no longer procrastinated, how different would your life be? Would your health be better? Would your financial situation be better? Would your relationships be stronger and more fulfilling?



Would you finally stick to your diet and lose that extra weight? Would you finally stop putting off that doctor's appointment you know you need to make? Would you finally set aside some time to write your book? Take a vacation? Study for that test tomorrow? Look for a more fulfilling career? Make a budget for retirement?

Without procrastination, you could do it all. You could start today and begin taking the steps you've been hesitant to take for years. You could set into motion a plan to totally revolutionize your life.

So why don't we follow through when we know we should? Are we indulging in akrasia? Are we lazy? Weak-willed? Incapable?

Well, these are some of the myths we're about to bust today because one thing is for sure; almost everyone procrastinates. Some even see it as a badge of honor or an endearing part of their personality. But in reality, procrastination can wreck our chances at health and happiness like nothing else can.



The Facts About Procrastination

Here are some hard facts about procrastination you may not know.

One study found that over half of all participants blame procrastination as the main reason they haven't reached their goals or realized their dreams.

Another study found that one in four people consider procrastination a "defining personality trait." (And that's among those who are honest about it.)

In a study conducted by Darius Foroux, almost 9 out of 10 people admitted they procrastinate at work at least one hour per day.

If that doesn't seem like a big deal, consider that some estimates say that a staggering \$650 billion dollars a year is lost to procrastination.

Putting the world economy aside, procrastination poisons our lives in dozens of toxic and unhealthy ways.

On an individual level, procrastination is often the reason people give when they:

- Haven't made more money
- Have feelings of guilt and anxiety for being unproductive
- Have been stuck in a dead-end job
- Have strife and disharmony in their relationships
- Can't concentrate and suffer from poor memory
- Haven't learned a language, musical instrument, or other new skill
- Feel stuck, burned-out, and unfocused
- Are unhappy, depressed, and frustrated
- Suffer from bad sleep

If even one or two of these problems sound familiar, it's time to ask yourself, "Have I let procrastination take over my life?"



The Real Ramifications of Procrastination

Procrastination doesn't just keep us from washing the dishes. It has been linked to bad diet, sleeping problems, weakened immune response, and a wide range of other health issues like high blood pressure and heart disease.

Obviously, just putting off mowing the lawn or cleaning out that closet isn't likely to ruin your life. But when procrastination becomes the default response to the ever-growing list of things we need or wish to do - when we delay, defer, and put things off indefinitely - it can have a much more negative impact on our lives than we may realize. Our goals are on hold. Our dreams slowly die on the vine. And we're left feeling unfulfilled, frustrated, and unhappy.

Procrastination robs us of fulfillment, peace of mind, and success. It damages our self-esteem, drains our energy, and keeps us stressed out and frustrated.

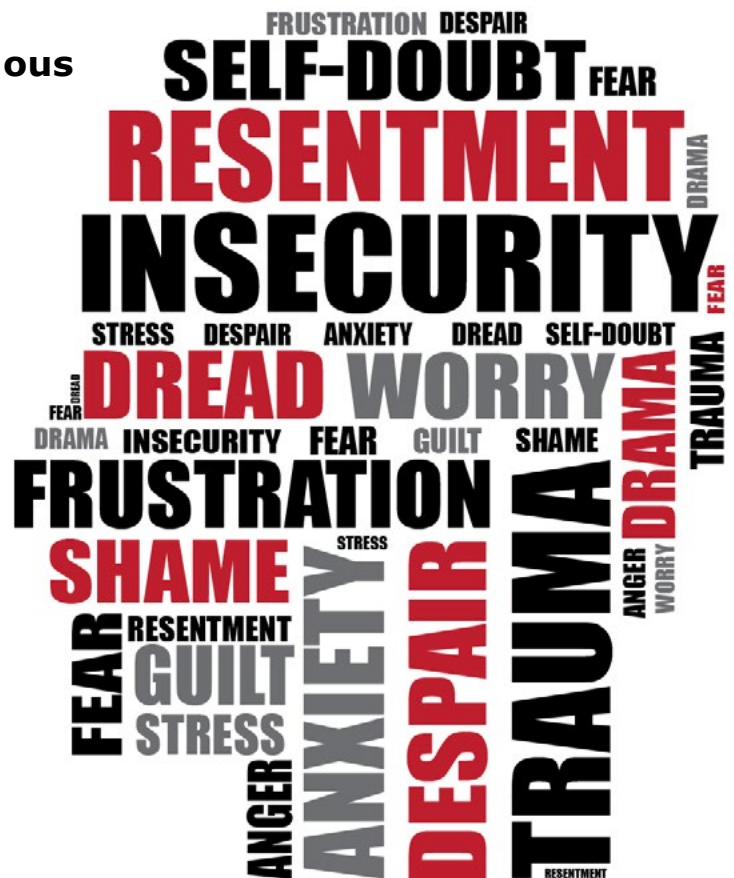
Worst of all, it wastes the most precious of all life's resources: time.

But why?

Why would just putting things off create such havoc in our lives and potentially put our very health at risk?

It's because procrastination leads to stress. And stress can kill.

There's a terrible cycle at work here that we need to acknowledge.



Procrastination causes stress. And the stress causes us to procrastinate, which creates more stress and - you guessed it - more procrastination.

But there are ways to break this cycle, once and for all. And it all begins with busting some myths that you might have been led to believe about procrastination, but are just not true.

Why is myth-busting important?

Because every bad habit hides behind at least one lie.

Once we dispel the lies, the habit has no place to hide. So...



Here are nine malicious myths about procrastination that (once busted) will help you kick procrastination to the curb.

Myth #1: You're Lazy

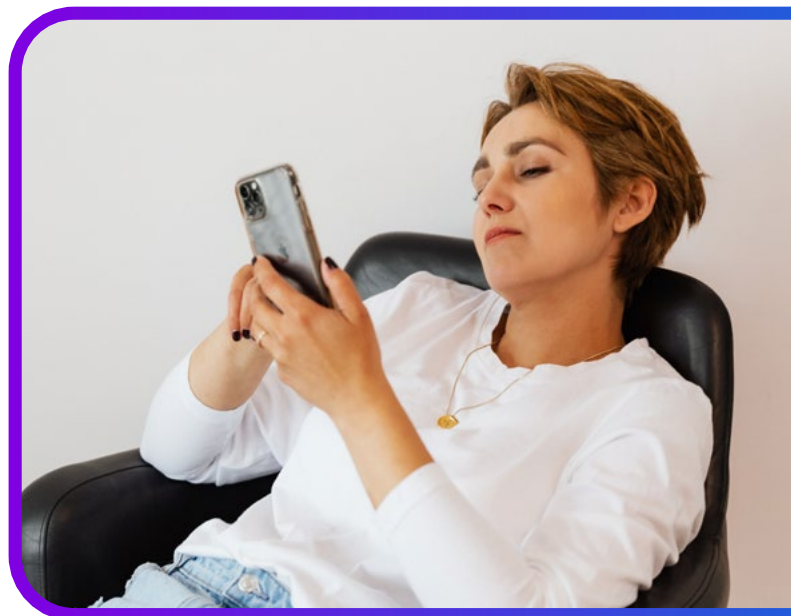
We start off with one of the biggest myths about procrastination:
you're just plain lazy!

It's easy to assume that people who procrastinate are just plain lazy. They just sit around, doing nothing. And too often, when we're the ones doing the procrastinating, we lay the blame at our own feet for being lazy and idle.

We don't feel like doing anything, so we do nothing, right?

But the belief that laziness is "doing nothing" is actually a myth.

The truth is that there's no such thing as "doing nothing." You're always doing something, even if it's sleeping, watching TV, or scrolling through social media posts. As long as you're alive, you're doing something.



So, laziness is really less about “not doing anything” and much more about “doing things other than the things you really want or need to do.”

Laziness takes the form of activities other than those we want or need to attend to.

But not all laziness is necessarily bad. That’s right. Sometimes laziness is a sign that we need some downtime. Sometimes we just need a break.

The difference between true laziness and a break for some self-care depends on your conscious intentions.

Is sitting on the couch for a while a conscious and intentional choice? Or did you just happen to find yourself stuck on your sofa all day watching TV?

Here’s an easy way to think about it:

Is your downtime planned and intentional, or is it a way of resisting taking action toward your goals?



It’s easy to think of ourselves as lazy or unproductive when we don’t get all the things on the to-do list done. But sometimes this resistance to productivity is a sign that we need to take a guilt-free break, find a healthy way to recharge the batteries, and then come back to our tasks, refueled, refreshed, and motivated.

How to Overcome “True Laziness”

As with most challenges, applying some mindful awareness to laziness helps. If you notice yourself feeling “lazy,” check in with yourself to see whether it’s time to get off the sofa and take action, or if what you need is a little downtime to rejuvenate.

True laziness is really a form of resistance, either to doing the tasks you need to do or to acknowledging some deeper need. So, pay attention to yourself. Check in with how you’re feeling and what kind of self-talk has been playing in the background of your awareness.

Don’t overburden your mind with everything on your “to do” list at once. If you choose to act, choose one task or chore at a time.

Keep your daily to-do list short and prioritized. Don’t try to get everything done in an afternoon. Plan ahead, focus on the next step, and don’t beat yourself up for taking a break every so often!



Myth #2: You're Not Smart Enough

A client once told me: "I know exactly what I want to do, but I just don't know how to do it. I'm not smart enough. So I just don't act."

Sometimes the things we want to accomplish in life seem out of reach because we think we just don't have the know-how to get them done. We may have been told that we're just not smart enough to do what we want to do. Some of us were even raised to believe that we just don't have the brain power we need to succeed.

And we bought the lie.

This can lead to a lifetime of poor self esteem and a lack of motivation to even try to achieve our goals. When we hold onto the belief that we're just not smart enough, (or good enough, old enough, young enough, etc.) it's like someone has siphoned the fuel from our tank. We have no motivation, no energy, no "get-up-and-go."

But many successful people were once told the very same thing, that they just weren't smart enough, including one of the smartest people in modern history, Albert Einstein.

Believe it or not, Einstein was sometimes considered a bit of an under-achiever. And he wasn't good at everything. In fact, he had a nemesis of a subject that was the prime reason for him being denied from the *Federal Technical Institute in Zurich* when he applied the first time.



You see, Albert Einstein failed the French portion of the entrance exam, and his essay was picked apart for errors by news outlets years later when he eventually rose to fame.

But did he let that stop him?

No!

Just because we're not good at everything we try doesn't mean we're not smart enough to succeed.



Anyone Can Learn

A lack of knowledge isn't a problem when you remember that anyone can learn. That's why successful people know that a lack of knowledge need not be a barrier to achievement. Knowledge is available to virtually anyone who decides to learn. Forget about how smart you are compared to others, or what kind of college degree you have, if any.



If you can learn, you can succeed.

Stay open to learning. Adopt a student mindset. Seek out the information you need. Study the experiences of others who have achieved what you want to achieve. Don't buy into the idea that you're not smart enough when all it takes is a little self-education to move you forward!

Myth #3: You Always Have Time

In Carlos Castaneda's book, **Journey to Ixtlan**, Don Juan is quoted as saying:

"There is one simple thing wrong with you. You think you have plenty of time. If you don't think your life will last forever, what are you waiting for?"

When procrastination becomes an ingrained habit, it happens automatically. Even when we have something easy to do, we're so habituated to put it off that we procrastinate without even thinking about it. Day by day, month by month, year by year, we find ourselves delaying, deferring, and postponing our tasks and projects.

We may think we have plenty of time. But not an endless supply. Time is a non-renewable resource and none of us know precisely how much of it we have ahead of us. Don Juan was pointing that fact out in stark terms. Many years before Castaneda, Charles Dickens said, *"Procrastination is the thief of time."*

Once time is spent - wisely or frivolously - we can't get it back. There's no refund policy on an hour or a day. Each tick of the clock is spent, on time and on schedule. It's just a question of how we spend it.



My grandfather kept a box in the garage with his tools labeled "Round Tuits." When I asked him what the box was for he said, "It's for when you need to get something done but you tell yourself you'll 'get around to it'."

Do you tell yourself you'll eventually get around to it? Maybe tomorrow? Maybe when the weather changes, the stock market improves, or next year? When will you get "a round tuit?"

Timing is a part of success, and that means planning carefully. But when we find ourselves believing the myth that we'll "always have time later" to do what we want to do, we may be setting ourselves up for disappointment.

Time Can Be On Your Side

The fact that our time is limited might seem like a downer. But when understood properly, it becomes a motivator for taking action. It can compel us to act.

How you use your time largely determines the quality of your life. Mindful time management means getting clear about your intentions, identifying the action steps you need to take, and following through.



Time need not be an adversary. A ticking clock is just a reminder that time - our most precious resource - is limited so we must use it wisely. Once you know how to use your time to your advantage, time becomes an ally and a precious resource you can draw upon to achieve your goals!

Myth #4: You Need to Know Every Step

Many people say that they procrastinate because they don't know how to accomplish their goals.

What they often mean is that they don't start because they can't yet envision the end.

They can't see every step of the journey ahead so they never move forward. They can't see the finish line so they ignore the starting gun.

Most of us know better, and yet this tendency to hesitate even starting on a project or task means we spend more time dreaming and thinking about our goals than actually working on them. It can be a little daunting to begin an endeavor without knowing how it will turn out.



But consider this: You can drive from Los Angeles to New York, almost 3,000 miles, without seeing the entire route. In fact, as long as you can see the next few yards ahead, you can make the entire journey, even at night.

The fact is that most of the great accomplishments in the world were not planned out from A to Z before action was taken. And even before the actions, there was the decision to try. To experiment. To act.

Action VS Planning

The truth is that most achievements in life are more a matter of taking action than thorough planning. That's not to say that a plan isn't important - it is! But it's easy to remain stuck in the planning phase when we've convinced ourselves that we must know each and every step along the journey ahead. That's not planning, that's clairvoyance, and nobody knows the future.

Dr. Martin Luther King Jr reminded us to "Take the first step in faith. You don't have to see the whole staircase, just take the first step." That's good advice when it comes to procrastinating. We need not see the whole staircase ahead of us. We simply need to put one foot in front of the other and move forward.

Even if you're not sure how you'll achieve your goals, the important thing is to begin. Along the way you'll discover opportunities only available to those who take action. And tomorrow you'll be closer to your goal than you are today.



Myth #5: All Procrastination is Bad

The Bible tells us that there is a time and season for everything. A time to be born, a time to die. A time to sow and a time to reap. A time to weep and a time to laugh.

There's also a time to take action, and a time to wait.



Our universe operates according to cycles, as we know. We're no different. We too function within cycles. Even for us, there is a time to act and a time to wait, to rest, to imagine, to think. While it might be tempting to try to overcome our procrastination by relentless self discipline and constant action, the truth is that this only leads to burn out.

We've already seen that laziness is sometimes a sign that we need a break. Procrastination can also be a sign that the time to act has not yet come.

Patience is not only a virtue, it's an ingredient to success. Knowing not just what to do, but when to do it is key. Timing is always a factor. And waiting is not always the same as procrastination.

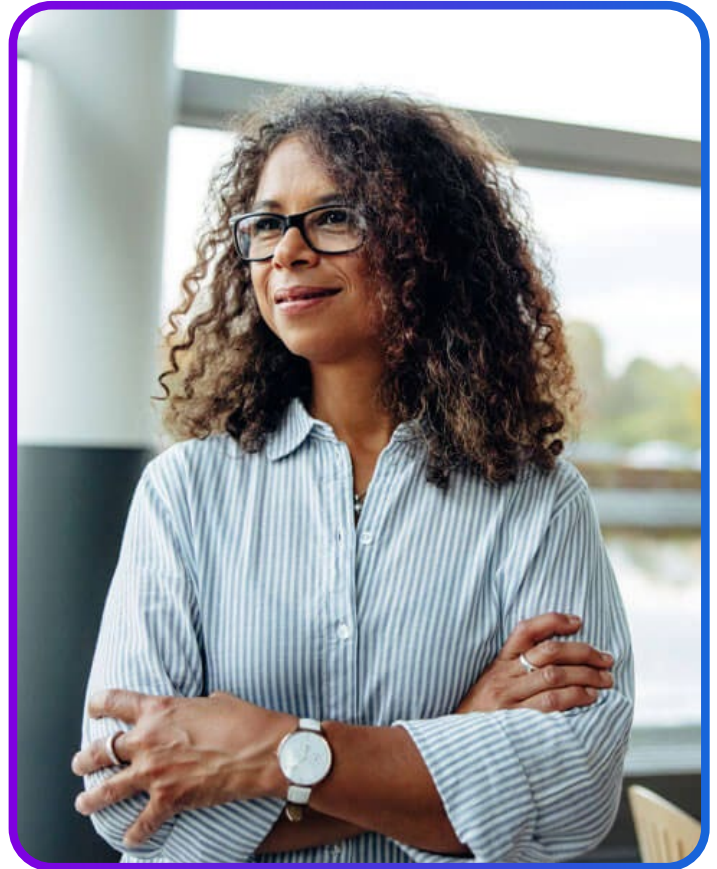
Patience VS Procrastination

So how can you tell the difference between wise patience and procrastination?

Like so many things in life, it takes awareness - genuine, mindful self awareness. The more you know yourself and understand how to manage your thoughts, feelings, and sensations, the better you will be at discerning when you're procrastinating and when you're simply exercising some patience.

Patience is not procrastination when we make a conscious choice to do it as part of our overall plan of action. Even F1 race cars take pit stops - a chance to refresh the tires and refill the fuel tank.

So as you act, be mindful of when to slow down, perhaps even stop and refuel. A carefully planned moment of patience is every bit as important as moments of action.



Myth #6: You Must Not Fail

This may be the most damaging myth of all when it comes to procrastination.

We're often conditioned to avoid failure to the point of paralysis.

Our internal self-talk says, *"You can't do it. It's too difficult. It's too risky."*

Well let's be honest. Failure is scary. It's not something anyone wants. Failure is at the bottom of the list of preferred outcomes no matter what it is we're trying to do.

When we've assessed the risks and benefits of taking action, but still procrastinate, we may be harboring unconscious fears of failure. And that fear can keep our goals and dreams stuck in limbo for years.

Failure can be a daunting challenge. One chronic procrastinator told me, *"I don't fear failure because I avoid doing anything I could fail at."* If your only goal in life is to avoid failure, this strategy works great!

But if you want to succeed, you will experience failure along the way.

The idea that failure must be avoided at all costs is a myth. Failure isn't the opposite of success, it's baked into success. That's according to some very successful people.

You Have to Fail to Succeed

Successful people don't avoid failure, they factor it into their plans. They know that not everything they do results in success. So they think in terms of contingencies - plans for when things go wrong - and use failures as valuable

lessons. After all, failure may not be fun, but it almost always leads to learning. In fact, failure can often yield valuable data that improves our chances of success in the future.

Consider some wise words from these highly successful people on failure:

*"Failure is simply the opportunity to begin again, this time more intelligently."
- Henry Ford*

"Failure is success in progress." - Albert Einstein

"Failure is another stepping stone to greatness." Oprah Winfrey

"Losers quit when they fail. Winners fail until they succeed." Robert Kiyosaki

"Those who dare to fail miserably can achieve greatly." John F. Kennedy

All of the people quoted above were familiar with failure. And yet we recognise them today as highly successful people who achieved a lot in their lives.



Do you have things you'd like to do? Experiences you'd like to have? Goals you'd like to achieve? Maybe it's a dream vacation. Or to finish that novel. Or start that business you've been imagining for years. Maybe you'd like to lose that extra 20 pounds and get in shape.

With each desire comes the risk of failure. You may attempt these things and fail. But one thing is certain: none of these desires can manifest without trying, and without the willingness to risk - perhaps even embrace - some failure along the way.

Myth #7: You Must Do It Quickly

Does it ever feel like you rush through your day, a flurry of activity, spinning from one task to the next like a whirlwind, only to collapse at the end of the day feeling like you didn't get much done?

We tend to tackle the chores that we can do quickly and put off the more time consuming ones. Often, those longer-term goals sit undone because we fear the time investment it takes to accomplish them.

We're habituated to think of accomplishment as a result of quick actions. We think being super busy is the same as being productive. The truth is that success takes time and just keeping busy doesn't mean you're not putting off other important things.

In *War and Peace*, Leo Tolstoy said, "*The two most powerful warriors are patience and time.*" And isn't it interesting that while we cannot control the flow of time, we can exercise some control over our patience?

But we are a decidedly impatient species, aren't we? We live in a high-velocity world, where we want our oil changed in 20 minutes, our eyeglasses in an hour, and if we're forced to wait more than

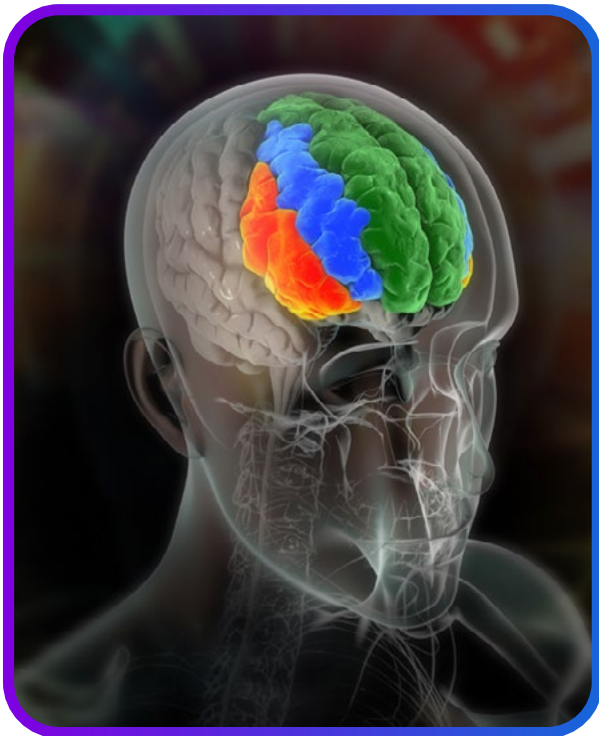


a few minutes for the traffic light to change we feel a surge of impatience welling up inside.

Expedience may equal convenience most of the time, but the truth is that many of the more rewarding accomplishments in life are those that take a good amount of time to achieve.

To combat procrastination, some people decide to get a sudden burst of energy and try to do ten things at once. This might help move you forward in some cases, but it's not a long term solution to procrastination.

Work Smarter Not Harder



Success rarely happens overnight. Taking time to strategize and plan is often an important part of success. Just be careful not to spend all your time planning and no time acting. Find a balance between gathering information, learning, planning, and acting.

While certain tasks automatically come with deadlines, most achievements don't require sudden reactive steps. Take your time, move, but move mindfully, with awareness and clear intention. Act but act sensibly. Choose responsiveness over reactivity. Sometimes slow and steady really does win the race.

Myth #8: You Must Do It Perfectly

"Perfection is the enemy of progress," said Winston Churchill.

Most of us believe in the idea of doing things right. But when doing something perfectly is valued higher than doing it at all, we can become paralyzed by our own perfectionism.

The internal voice of The Perfectionist is absolute in its demands for unsurpassed performance, requiring nothing less than faultless execution of all that we do.

This voice is one of fear and tension. It wants the impossible from us and we struggle to oblige. We might think that aiming for perfection is a good thing, but when it holds us back from acting, it's a good thing in name only.

Perfectionism is a form of unconscious resistance that happens when we become attached to a specific outcome; usually the outcome we've imagined in our heads. When we're attached to an outcome, we think things must happen in a certain way in order to happen properly.

Sometimes this is the case. An airline pilot must follow a specific series of standard operating procedures, carefully and precisely, in order to safely land an airplane. Near perfection is required here.

But more often, we're faced with tasks that are better off completed than perfectly imagined. Not everything must be perfect to qualify as success.

Some of us were raised to believe in the myth of perfection.

Anything less than straight A's in school was the same as failing every class. We were taught to repress or hide our natural flaws. We were encouraged to believe

that you must do it right or don't do it at all.

This mentality may be well-meaning, but it can backfire when our addiction to perfection holds us hostage and we fail to realize that our perfectionism is keeping us from success and happiness. Perfectionism can leave us with a deep fear of disappointment, in ourselves, in others, and in the world as a whole. And it can even keep us from enjoying the accomplishments we do manage to achieve.

I battled this myself when I was young. My perfectionism even poisoned my attempts to have fun. As a kid, I used to love assembling plastic models. Ships, racecars, airplanes. Once I was putting together a model of a jet fighter. I was being meticulous; carefully assembling the wings, the cockpit, the tail fin.

Everything was going according to plan. But suddenly, as I was putting the landing gear together I snapped a piece in half. My hands froze in the air and I felt a rush of anger and upset flooding through me. I managed to glue the piece back together and finish the model, but I wasn't happy. I could never look at that model jet without thinking of that one single error, the one tiny piece I'd broken, that one miniscule imperfection.

Done Is Better Than Perfect

Don't let perfectionism ruin your happiness. Don't let it feed your procrastination demon. Remind yourself that, as Sheryl Sandberg said, "*Done is better than perfect.*"

The world is an imperfect place filled with imperfect people (like you and me). And that's okay. Don't cling to imagined perfection when success is ready to manifest itself right in front of you. Don't worry if you miss a detail along the way.



Myth #9: You Must Do It All By Yourself

There's something appealing about the idea of the rugged individualist, the lone maverick, the singular hero or heroine who succeeds against the odds. While these make great books and movies, there's another side to success that we must acknowledge.

We can all think of some highly successful people. World leaders, business tycoons, pro athletes, actors, and musicians. Sometimes we marvel at their accomplishments and assume that they're just exceptionally talented and capable people who single-handedly changed the world.

Perhaps some of them can truly be called self-made successes.

But the truth is that over 90% of the time, success and achievement arises from more than a single individual.

And few of the most successful people in the world would insist that they achieved all their goals, alone, on their own.

No, most of the time, they had help.

Stronger Together

The successful people we could name are only the most visible part of the success story they represent. Look deeper and you'll find others who played a vital role in that success. Perhaps their names are not as familiar, but the truth is that very little success is accomplished alone.

Where would Michael Jordan, Tom Brady, Lisa Leslie be without a coach or teammates? Neil Armstrong didn't get to the moon on his own. Even the

brilliant Michelangelo had assistants and pupils to help him create many of his masterpieces.

Still, some of us were raised to “not need help” from others. Seeking help was a sign of weakness, or was somehow viewed as a way to burden others with our own troubles. So we grew up believing that it was inappropriate or wrong to ask others for help.

This can be tragic because it often leads to a lifetime spent in need of support from others who would willingly offer it. Asking for help is not a sign of weakness but of strength. It takes courage and can sometimes even feel embarrassing.

But learning when and how to ask for help is an important life skill. Do you have big dreams? Goals? Aspirations? Don't try to go it alone when others may be able and willing to help! And make a point of helping others, too!

Now that we've busted some myths about procrastination and exposed some of the lies we've been told (and that we've told ourselves), the only question remaining is, how do we truly solve it?



How do we overcome procrastination, kick it to the curb, and free ourselves up to create the life we want to live?

Okay, okay - so how do you do it?

How do you get rid of procrastination once and for all?

Well the truth is, it's traditionally pretty tough.

Breaking any bad habit - *in this case the King of all Bad Habits* - is difficult!

Or at least it used to be.

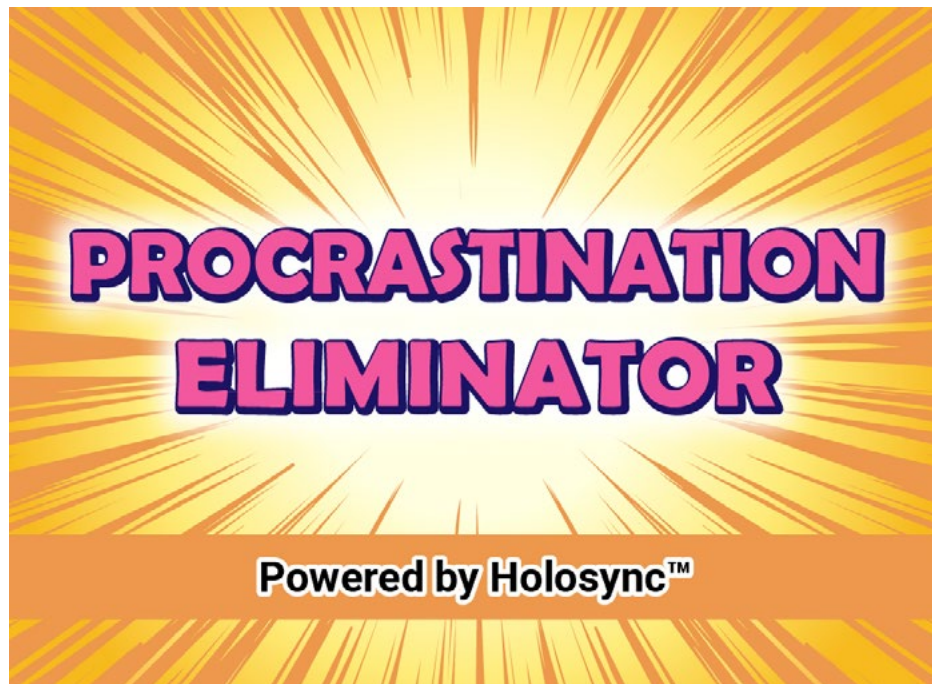
You see, there is a proven and rather fast way to do it!

No, not brain surgery. Not drugs. Not 40 years of solitude high up in the Himalayas.

You don't need a guru or doctor to help you. And you can even do it at home at your own convenience. Even better, it's painless, easy to do, and works relatively quickly!

It's called...





Procrastination Eliminator

Rewiring Your Brain for Ultimate Success and Happiness

Procrastination Eliminator is a special tool we've developed based on proven methods and scientific research that will help you literally change your brain to overcome your ingrained procrastination tendencies.

All the feedback and success stories we've gotten from our members prove that anyone - if they follow the plan in **Procrastination Eliminator** - can overwrite their crippling procrastination habits.

Here's just a sample of some of the many comments from Procrastination Eliminator users:

Viviene writes:

"It's WORKING! Since changing my nearer-to-present target outcome, I have made more daily progress on gaining ground on this early phase of business development. I am able to get out of my own way each day--more like my usual self. You couldn't have offered these tracks and this course WITH coaching at a more perfect time. Bless you and thank you!"

Wayne said:

"I am happy to say that I am making more progress than I had been."

Cynthia told us:

"I had no idea the coaching would make such a difference. The time we spent talking about my goals and you helping me get clear about my real values has made such a difference! I'm 65 but I feel like my youthful optimism about life and its possibilities has returned. So all I can say is, thank you!"

Jonathan said:

"I really am loving these Holosync tracks. This is something that appears to really be working for me and I'm excited for the future."

That sounds pretty good, right?

So how does it work?

Procrastination Eliminator seeks out the **three crucial areas** that feed procrastination habits; shattering the cycle so you can finally eliminate procrastination forever.

[Learn More Here](#)

#1 Mindset

The core reason behind your procrastination is the **uncertainty, overwhelm and fear** you feel when you think about your goal, or the tasks that will lead you to your goal.

These thoughts and feelings have been piling up for decades and are almost impossible to change.

That's where our Holosync technology makes all the difference.

For over 30 years, Holosync has been changing the brain in remarkable ways that improve people's lives.

How?

The secret is the ability to induce **certain brainwave states** that allow for easy "re-tuning" of thoughts and feelings.



Holosync is based on deep and powerful meditations that were once only achievable by Zen monks after decades of strict practice. But thanks to Holosync, now you can reach those same “enlightened” states just by listening to a Holosync soundtrack with stereo headphones.

Once your mind is in that deep meditative state, a few things happen.

First, it activates and strengthens your prefrontal cortex, which is the part of the brain responsible for long-term decision-making and critical thinking.

Second, it calms the limbic system which is the often over-active part of the brain that oversees your fight-or-flight response and is where you produce *cortisol* (the toxic stress hormone).

Third, it improves brain plasticity, causing your brain to become more *flexible and resilient*, more receptive to a change in behavior.

All of this comes directly from the power of Holosync.

But we’ve also added yet another powerful audio technology called *Autofonix* which is a unique and proprietary encoding technology used to embed powerful affirmations in your soundtracks and deliver them to your unconscious mind each time you sit down to listen. These affirmations are virtually silent to your conscious mind, but anchor in the unconscious mind, gradually replacing that negative and toxic self-talk with positive and motivating affirmations.

Over time, that positive scripting will obliterate the harmful self-talk that your brain currently associates with the tasks you’ve been procrastinating on.

[Learn More Here](#)

#2 Action

We already learned that just having the right mindset is only part of the picture. You also need a plan of action. But not just any plan. You need to plan a habit of action.

Habits form the foundation of our lives, and procrastination is really just a habitual response of *inaction* towards the task at hand.

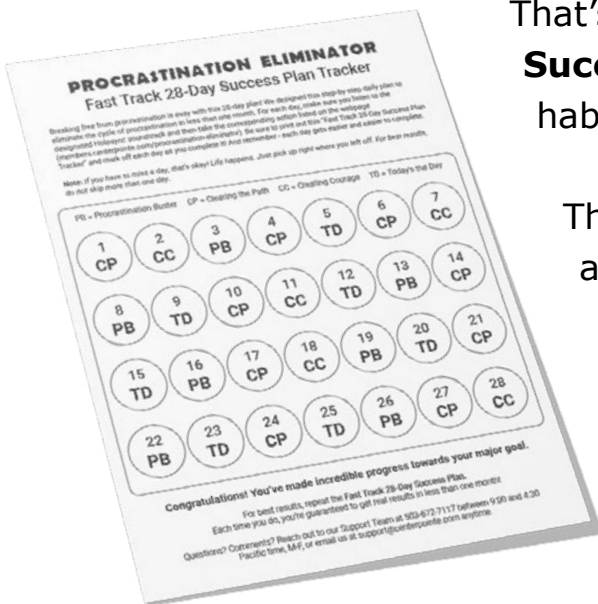
So to truly conquer procrastination, the key is to form a new habit of action.

That’s why we’ve included a **Fast Track 28-day Success Plan** that will help you establish that new habit of action.

This step-by-step plan is easy to follow so that anyone can do it.

By following the **Fast Track 28-Day Success Plan**, you’re setting yourself up for the best chance of success.

In just 28 days you’ll have proven results, soaring confidence, self-worth, and a new habit of action.



[Learn More Here](#)

#3 Accountability

I've already busted the myth that you have to do it alone, all by yourself. In fact, anytime you see a highly successful person, you can be sure that they got a lot of help and support along the way.

But it's not always easy to find that support system. So one of the biggest hurdles that procrastinators must overcome is the fact that they are often alone in the pursuit of their goals.

That's where our 1-on-1 professional Accountability Coaching will really make a difference.

Because the truth is, going it alone gives you a **80-85% chance of failure.**

That's why we're supplying you with the secret sauce: Accountability Coaching.



Having an Accountability Coach increases your odds of staying on track and reaching your goals to 95%.

That means 95 people out of 100 succeed when they use an accountability coach.

That's HUGE - and it's likely the one step you probably haven't tried before. And one that you won't find anywhere else.

At Centerpointe, we're not just leaders in meditation technology. We're also leaders in offering professional, 1-on-1 personalized coaching. And we've been doing this successfully; improving the lives of hundreds of thousands of our members for over 30 years.

Procrastination Eliminator comes with unlimited access to a **1-on-1 professional Accountability Coach** that'll take you to the next level of commitment and success.

You don't have to go it alone. With Procrastination Eliminator, you have a built-in support system ready and eager to help!

[Learn More Here](#)

Taking Control of Your Life Has Never Been This Easy

We make it extremely easy to completely eliminate your procrastination habits - quickly and effectively.

There's no better or simpler way to take full control over your life!

This combination of cutting-edge technology, optimized instruction and unlimited professional 1-on-1 Accountability Coaching is **the most powerful tool in the world** for ditching procrastination and creating the life you've always dreamed of.

Procrastination need not steal your time, drain your energy, or rob you of your dreams. You're now armed with the knowledge you need. The myths have been busted. All that's left is to take action on behalf of your goals, hopes, dreams, and desires.

If you want to finally accomplish your major life goals instead of putting them off again and again...

If you want to overcome the uncertainty, overwhelm and fear so that you can reach your full potential...

...then today's the day the excuses stop.

Get **Procrastination Eliminator** today and start right away!

[Learn More Here](#)