

How to Beat Procrastination in 3 Steps

I. Break Down Your Goal Realistically

Instead of planning to climb Everest in one day, which sounds intimidating from the very beginning, make sure your goal is specific, measurable and achievable, realistic and time bound (yes, it spells SMART 😊!)

II. Make Yourself Accountable

Make sure you're using a device that records your progress (an app, your calendar, or your journal). For example, you can use the website IDoneThis which sends you automatic emails at the end or each day to poke your mind. Or find your own method.

III. Reorganize Your Life

When tracking your progress, ask yourself - is what you currently doing shifting you towards your goal, or is it keeping you stuck in procrastination and distractions

Get rid of the clutter, refocus yourself, take a deep breath, and start getting things done right off the bat.

To Recap:

- You make sure your goal is **specific, measurable and achievable** .and, most importantly, it makes you enthusiastic and excited to do it.
- If this is not the case, you **find an effective way to keep yourself accountable and motivated**

- If the first two steps still don't work, **you find help** by hiring a coach, looking for a mentor, watching webinars, or learning from You Tube (for free!)

Remember, even if you don't have the resources to hire a coach or enroll in a program that teaches you how to be accountable, you always have the resources within yourself to make it happen. As Tony Robins said: "It's not about your resources, it's about your resourcefulness."



For more information, please visit dancefitideas.com and, if you wish to receive more tips and strategies from, subscribe to my email list.

~Ana-Maria