Procrastination Cure

A simple, proven, formula to cure procrastination that’s worked for me and my private clients time and time again.

By Rishan B.
Procrastination Cure

Before I teach it to you, it’s important that you understand why you should learn and implement this information. In fact, there are a number of reasons.

Being able to motivate yourself on demand will empower you to take control of your life. You have the power to choose what you do and when you do it. You have the power to get excited about doing anything you choose.

Being able to consistently take action on the things you choose gives you a sense of fulfillment that very few people enjoy. Even if the action you take isn’t perfect, simply by being excited to take it and consistently taking it, you’ll be ahead of 99% of the rest of the world.

Fixing this lifelong issue of procrastination will save you from the pain of disappointment, resentment and embarrassment that comes when you set your sights on a new goal, but just can’t seem to get motivated and into action.

How many times have you set New Year’s resolutions and gotten all excited about the end results...only to wake up a day later and shrug off those promises you made to yourself? How does it feel once you realize that the same pattern is happening over and over again...huge plans, no action.

Congratulations on getting your hands on this report because I’m going to hand you the keys to solving that problem once and for all. Instead of the guilt, anger and frustration that comes from letting yourself down over and over again...you can experience the excitement and joy of taking inspired action and experiencing real results in your life.
Core Concepts

Let’s discuss some core concepts that we’ll be putting into play.

# Human Beings Are Motivated Towards Pleasure and Away From Pain

In, NLP, it’s called a propulsion system. We inherently move towards pleasure and away from pain. It’s kind of like the carrot and the stick 😊

What’s even more interesting...is that most of us (in fact the vast majority of us) are far more motivated to move away from pain than towards pleasure. We’re more likely to take action or create a change if we’re at risk of losing $10,000 than if we were at “risk” of winning $10,000.

You might want to resist that natural tendency, but I doubt that’ll get you anywhere. Instead I’m going to show you how to transmute the motivating power of the fear of loss into the courage to take action. This allows you to keep that raw motivating power from the fear or loss...but to let go of negatives that come with a fear based strategy.

As I’m sure you’ve experienced in the past, using fear to force action results in highly inefficient action and it’s just not pleasant.

Which brings us to our second principle:

# Acting From a Place of Courage, Acceptance and/or Peace Results in Efficient, Enjoyable Action

I’m sure that you’ve all experienced this side of the coin too. It’s that place from where you feel inspired to take action. What’s more, the act of taking the action is enjoyable and it’s highly effective. Some call it the “flow” state.

What you’ll learn to do is to transform the motivating “energy” of fear (or anger) into the courage to take action. You’ll use a combination of NLP and an ancient acupressure technique. This is the crux of being able to control what actions you’re excited to perform while also consistently performing them from that level of courage.

Unfortunately, traditional NLP approaches focus heavily on amplifying the fear and anger to drive us into action. As you’ll see, this new approach adds a much needed missing ingredient that makes taking action fun and effective.
The Procrastination Cure Procedure

Strategy One – Transmuting Goal Serving “Away-From” Motivations To Courage

Goal serving “away-from” motivations, are the types of motivation that are based on moving away from some perceived pain or pleasure and result in pushing you towards your goal (hence “goal serving”).

“Away-from” type motivations create stress, anxiety and are just not fun nor conducive to reaching the flow state.

This strategy harnesses the strong motivating power of the “away-from” motivations while allowing us to reach that state of ease, flow and enjoyment. It does this by transmuting the energy to courage or choice.

Let’s get into the exact steps of this groundbreaking. You’ll need a pen and a piece of paper. It’s far more powerful to write this work out in your handwriting instead of doing it digitally on a computer.

1) **Answer the following questions as thoroughly as possible. I suggest at least one A4 page full of writing for each answer.**
   a. How will accomplishing these goals or changes affect your life?
   b. How will accomplishing these goals or changes affect other people’s lives?
   c. What is the worst that can happen if you don’t make this change or achieve this goal? How will you feel?
   d. What is the best that will happen once you have made this change and achieved this goal? How will you feel?
   e. Imagine yourself in thirty years, having failed to achieve your goal and having failed to make the changes. Really imagine how awful you will feel. Picture it vividly.
   f. Imagine yourself out there in your own future, having successfully changed and achieved your goal. Really imagine how amazing and inspired you will feel. Picture it vividly.

2) **Circle the three biggest fears, frustrations or points of anger in the answers to questions c and e.** Those are your negative motivating factors, the fears or pains that you want to move away from which motivate you to take action on your goal.
The fear of losing these things forces you into action. We want to preserve that “action inducing” energy but transform it to courage.

3) **Perform the acupressure technique on those three negatives with the choice to move into courage and get it done.** I suggest wording the setup phrase like so: “I’d hate to drive an average car for the rest of my life so I choose to get my ass in gear and write this new book now!” Then use the reminder phrase “get my ass in gear and write this book now” as the reminder phrase. More help is provided on the specifics of this step below.

4) **Re-read and vividly imagine the ideal scenarios in 1a,b,d,f.** This amplifies the pleasure we’re moving towards.

Before we move on, let’s discuss more specifics in relation to step 3.

The two tutorial videos that are provided with this report teach you the exact acupressure technique you’ll be using in step 3. I’d also like to take a second to point out that those videos are taken from another project that’s currently in the works – this is why you might hear references to other videos which aren’t included in this course. Rest assured, the entire technique is covered in every detail in those two videos.

The videos themselves do an excellent job of teaching how to do the technique. What I’d like to go into more detail on is why it works so well.

The acupressure technique itself is scientifically documented to be highly, highly effective. Here are some actual numbers for the logic minded out there:

**Citation**


*Energy Psychology: A Review of the Preliminary Evidence*

_Psychotherapy: Theory, Research, Practice, Training._ 45(2) 199-213
Procrastination Cure

Table 4: Seven Controlled Trials with Potentially Strong Generalizability Showing EP to Be Statistically Superior to Other Treatment Conditions

<table>
<thead>
<tr>
<th>Source</th>
<th>Condition</th>
<th>Treatment, N</th>
<th>Controls, N</th>
<th>Measures</th>
<th>Diff. p&lt;</th>
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</thead>
<tbody>
<tr>
<td>Schoning, 2004</td>
<td>Public speaking anxiety</td>
<td>1 TFT Session, N=24</td>
<td>Wait-list, N=24</td>
<td>SUD, Speaker Anxiety Scale, Trait/State Anxiety Scale</td>
<td>0.001</td>
</tr>
<tr>
<td>Sezgin &amp; Ozcan, 2004</td>
<td>Test-taking anxiety</td>
<td>Training in EFT, N=16</td>
<td>Relaxation Training, N=16</td>
<td>Standardized test-anxiety inventory</td>
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<tr>
<td>Elder, et al., 2007*</td>
<td>Weight loss maintenance</td>
<td>10 hours group TAT sessions over 12 weeks, N=27</td>
<td></td>
<td>Maintenance of weight loss after 10 group sessions and then 12 weeks later</td>
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<tr>
<td>Korber, et al., 2002*</td>
<td>Anxiety, pain, and elevated heart rate following injury</td>
<td>Paramedic-applied acupuncture before transport to hospital, N=20</td>
<td>No treatment, N=20</td>
<td>Pulse rate, Visual analog scale for anxiety pain</td>
<td>0.001</td>
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<td>Wells, et al., 2003*</td>
<td>Specific Phobia (partial replication of Wells)</td>
<td>30-min EFT Session, N=13</td>
<td>30-min Diaphragmatic Breathing Session, N=17</td>
<td>SUD, Standardized Fear Survey, Behavioral Approach Task</td>
<td>0.005</td>
</tr>
<tr>
<td>Baker &amp; Siegel, 2005</td>
<td>Specific Phobia (partial replication of Wells)</td>
<td>45-min EFT Session, N=11</td>
<td>45-min Supportive Counseling, N=10</td>
<td>SUD, Fear Questionnaire 1, 2, Behavior Approach Task</td>
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<td>Salas, 2001</td>
<td>Specific Phobia (partial replication of Wells)</td>
<td>1 Session EFT, 1 Diaphragmatic Breathing, N=22 (half in each order)</td>
<td>Subjects were own controls</td>
<td>SUD, Beck Anxiety Inventory, Behavioral Approach Task</td>
<td>0.01</td>
</tr>
</tbody>
</table>

Note: EFT = Emotional Freedom Techniques; RCT = Randomized Controlled Trial; SUD = Subjective Units of Distress; TAT = TAPPS Acupuncture Technique; TFT = Thought Field Therapy.

So the basic protocol works.

It works by having you remember something that causes an emotional disturbance and then “resetting” your energy meridians by tapping on their end points. Each point that you tap on during the procedure resets an energy meridian or performs a similar function.
When we tack on the choices method, we choose a more powerful emotion and tap that into our energy field instead. Tapping it into our meridians and other energy systems has a far more powerful, lasting effect than just repeating the phrase.

So to summarize step 3:

- we use the choices method;
- we tap out the negative effects of the fear or anger associated with the powerful, motivating “away-from”; 
- then we choose to feel courageous and take the action we desire.

That procedure neutralizes the negative effects of the fear or anger, while maintaining the fear or anger’s motivating power and transmuting it to courage.

Specific wording examples I’ve used in the past include:

“I don’t want to live an average life, yea I’m financially free but I don’t have a damn yacht yet…so I choose to do whatever it takes to make this business work and buy that boat”

“I don’t want to be 28 and still can’t afford a Ferrari…so I choose to buckle down and get this **** done.”

“I refuse to ever go back to working for anyone else…so I choose to stop acting like a kid, and move forward with this project. It’s what I choose for myself”

You’ll notice that I’ve dropped the “Even though” wording up front…that’s because we’re not negating the fear or anger itself, we’re maintaining its motivating power but transforming it to courage.

Also, please use wording that fits how you communicate (that’s a politically correct way of saying: swear if that’s how you normally communicate). Using your specific language allows it to be accepted by your filters and subconscious resources.

Let’s get back to discussing other elements of the procedure.

Now, repetition is needed to transform those fearful, “away-from” motivating factors into actionable courage. So what I suggest is setting up a system to perform step three and four at least once daily for the next 5 days (or if you’re really serious create a habit by committing to 30 days).

**In order to setup this system I suggest the following:**

- Call someone you trust, tell them you’re committing to doing something every day. Every day you’ll send them an email telling them it’s done. If they don’t get an email,
you pay them $100 no questions asked. Make sure they understand it’s their responsibility to chase you for the money and to force you to pay.

- Make it public that you’re committing to doing this “thing” for the next x days. Create a mechanism whereby you have to report back daily, either by updating a forum thread or posting on a blog.
- Plan an exact place and time when you’ll perform the drill every day. Having that structure makes it more likely you’ll follow through.

If you take those actions, you give yourself the highest chance possible of following through and curing your procrastination once and for all. Once you’ve had a taste of how easy it is to get in touch with your “why” and convert that negative motivating energy to courage, procrastination will never hold you back ever again.

Remember to make use of the four coaching calls included in order to get a feel for how this works and to hear the massive shift that occurs throughout the call.

Do note that I interchange between strategy one and strategy two throughout the coaching calls...applying whatever is most appropriate at the time.
Strategy Two – Releasing The Energy From Non-Goal Serving “Away – From” Type Motivations

Non-goal serving “away-from” motivations, are the types of motivation that are based on moving away from some perceived pain or pleasure and result in pushing you away your goal (hence “non-goal serving”).

Get out a piece of paper and answer the following questions as thoroughly as possible:

- If I were to guess, what’s stopping me from taking this action or moving towards this goal?
- What do I have to lose by taking this action or achieving my goal?
- What’s the downside to taking this action?

Those questions will elicit the motivations behind you not taking your desired action.

Next, apply the Acupressure Protocol to these reasons in order to release the negative energy that holds them in place. Start with the strongest reasons, the ones that create the strongest emotional reaction within you.

Most commonly, once you’ve released the energy behind the biggest two or three reasons, you’ll feel a massive shift in terms of your acceptance and excitement with taking the required action steps.

If so desired, you could also setup a regular daily practice using Strategy Two to make your todo list so much more pleasant. Follow the steps discussed earlier on how to setup a daily system to do this.

Remember to make use of the four coaching calls included in order to get a feel for how this works and to hear the massive shift that occurs throughout the call.

Do note that I interchange between strategy one and strategy two throughout the coaching calls...applying whatever is most appropriate at the time.
Two Possible Sticking Points

Lack of Confidence with the Acupressure Procedure

It’s possible that someone reading this report and watching the videos may think that they don’t have sufficient knowledge or experience or expertise to “get” the acupressure technique to work for them.

That’s false. It’s simply a form of internal sabotage.

The demonstration in the videos is enough to go on alone. Simply tap along and experience the procedure. That more you tap, the better you get…it’s that simple…and the best time to start is now.

According to some of the scientific studies mentioned earlier in the report, all that was required to teach someone the technique is a simple 2 minute demo!

You Fail To Set Up Your Commitment System

Setting up your commitment system (calling a friend and committing or posting in a public forum) is probably the most crucial step to curing your procrastination.

What’s more, they only time you’ll actually follow through and set up the system is when you’re coming from a place of choice and power. This report will put you in that place.

If you put this report down and go away for a couple hours planning to set up your system later…it’s highly unlikely you’ll do it. This is because it’s too easy for excuses to slip in later on, excuses as to why it might not be the best thing for you etc. etc.

You’ve built up momentum and shifted your perception by reading this report, now use that point of leverage to carry some positive change into your life by setting up this commitment NOW!
“What If” You Master This Skill

What are the real world experiences and results you can realistically expect to achieve if you master the information in this report?

- You’ll find yourself able to well up massive amounts of desire and motivation to follow through with planned actions or changes;
- You’ll be excited, almost like a little kid about to receive a present, to take action towards your goals;
- You’ll find yourself consistently moving towards your goal (by taking inspired action), receiving feedback and making changes to your plans where necessary;
- Which all boils down to the fact that you’ll command the power to achieve goals and changes you’ve been dreaming about.
The Next Step

The very next thing I suggest you do after reading this report is to answer the questions from part 1) of the Procrastination Cure procedure.

Then get on the phone and call up someone you trust and setup a commitment to follow through for the next 5 days. Be sure to use the negative motivation of having to pay a sum of money if any day is missed.
Resources:

My website

http://attractingabundancehq.com

Watch  The Step-By-Step Blueprint For Attracting Anything You Want Into Your Life


How To Manifest Absolutely Anything And See Results in 2 Days Flat Without Silly Fluff, Jedi Mind Power Skills or Years of Practice...Guaranteed

http://manifestitalltoday.com/manifestanything/

Effortless Abundance Blueprint: The Synergy of Internal Peace and External Success

http://effortlessabundancesite.com