

A Productivity Expert's Guide to Overcoming Procrastination

GoSkills online course syllabus

Skill level

Beginner

Lessons

9

Pre-requisites

No prior experience needed

Video duration

13m

Estimated study time

13m 10s

Instructor

Mike Vardy

Introduction

- 1 **Replacing procrastination with productivity**
Experiencing mounting to-do lists and busy calendars due to procrastination?

How Procrastination Takes Hold

- 2 **Defining procrastination**
Many of us put off our goals and lean in to procrastination.
- 3 **Why you procrastinate**
When you recognize the obstacles on your path to productivity you'll be better equipped to stick to your plans.
- 4 **Overcome survival mode**
Procrastination takes root in your thoughts and puts your brain into a state of survival.
- 5 **Busting the procrastination myth**
There is a time and place for procrastination.

Conclusion

- 6 **Thriving with productivity**
You are now armed with the tools to beat procrastination and make the most of your time, every day.

Rooting out Procrastination

7

Identifying procrastination before it happens

When you know what you want, procrastination loses its hold over your mind.

8

Eliminating procrastination

Themes aren't just for parties, they are a great tool to gain ground on your goals.

9

Transforming procrastination into productivity

You can make great things happen in your life by paying attention to when procrastination tries to develop roots.

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