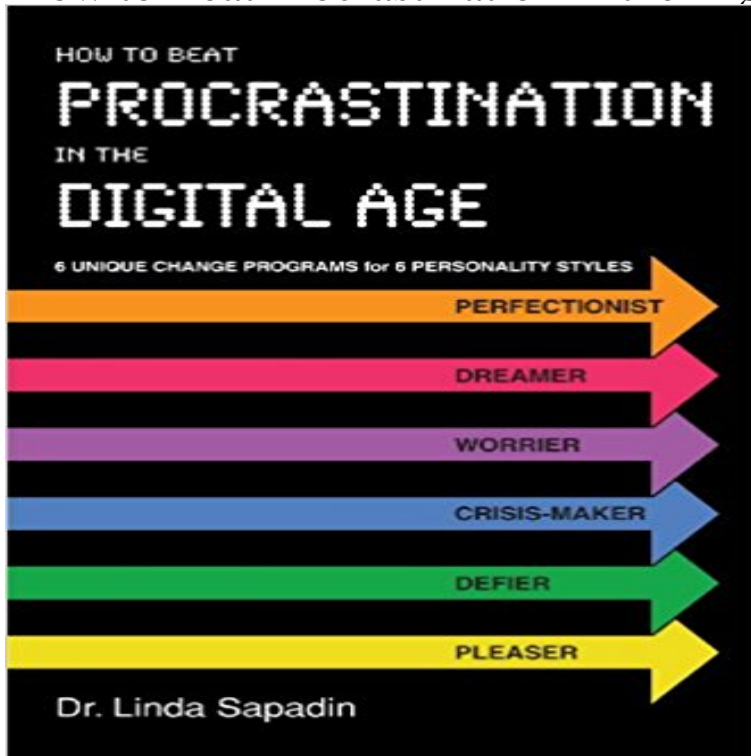


How to Beat Procrastination in the Digital Age



If you frequently feel that your life is one long disconnect between what you intend to do and what you get around to doing, then this book is for you. If you're pleased with your accomplishments but know that it would be easier if you had a tailwind at your back, this book is also for you. Why is it so hard to Beat Procrastination in the Digital Age? Accessible, appealing, addictive distractions are everywhere. Bleepers beckon. Entertainment entices. Digital devices ding. Social networks seduce. Add up the hours you spend on stuff that has nothing to do with your personal or career goals. Now, is it any wonder that you're teetering on the edge of the Boulevard of Broken Dreams? In addition to all the digital distractions, procrastination is also driven by strong emotions and tenacious personality traits. If it were a simple matter, like making resolutions or just doing it, surely your moms nagging or your teachers scolding would have cured you of it years ago. To change an embedded habit, you need to implement specific skills and strategies tailored to your personality style. This is essential, as the right advice for one style is the wrong advice for another. One change program does not fit all. In this book, there are 6 tailor-made change programs for 6 personality styles. What are the Six Styles of Procrastination? The Perfectionist: ...BUT it's not perfect! The Dreamer: ...BUT I hate dealing with those annoying details! The Worrier: ...BUT I'm afraid to make a change! The Crisis-Maker: ...BUT I only get motivated when I'm under the gun! The Defier: ...BUT why should I do it? The Pleaser: ...BUT I have so much to do! Help! I Relate to Several Styles. What Does that Mean? Don't panic. Since these are human traits, it's not unusual for you to identify with all of them, even though 1 or 2 will probably jump out at you. These 6 styles represent the outer polarities of 3 traits: Attention to Details:

The perfectionist pays too much attention to details; the dreamer doesn't pay enough attention. Focus on the Future: The worrier is too concerned about what might happen if; the crisis-maker is not sufficiently concerned (until crunch time). Relating to Others: The defier goes against what others want; the pleaser is excessively oriented to what others want. The best approach to strive for is balance in each one of these areas. The personality style quiz in the book will help you gain a greater awareness of which is your primary style.

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