



23 Anti-Procrastination Habits: How to Stop Being Lazy and Get Results in Your Life

S. J. Scott

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Do you struggle with completing projects or specific tasks? We'd all like to get things done and become more productive. But what often happens is we put off important tasks and let them slip through the cracks. The end result? We get overwhelmed by the amount of things to do. In other words, "procrastination" causes you to feel stressed when you're not completing tasks in a systematic manner.

The solution is simple: Develop an "anti-procrastination mindset" where you take action on a daily basis and NEVER get overwhelmed by your to-do list.

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