



## STOP Procrastination

Being decisive is one of the most important of all success principles.

Research says the most successful people in the world make decisions **QUICKLY** and definitely... and very rarely change their minds.

The opposite of **DECISION** is procrastination.

Procrastination has kept more people from creating **WEALTH** and **HAPPINESS** than just about anything else known to mankind.

Stop procrastination **NOW**. How? by making decisions quickly and definitely, right now.

Start with little decisions. For example, make an instant decision on what you are going to wear tomorrow morning. Don't go back and forth on what shirt goes with what pants; make a decision quickly.

The next time you go out to eat, decide quickly and decisively what you will order. Don't go back and forth, trying to choose between one dish and another. **DECIDE!**

Becoming decisive is like working muscles in your body. The more you exercise a muscle, the stronger it gets. The same is true with becoming **DECISIVE**. The more you do it the easier decisiveness becomes.

Some of the most successful people in the world had to overcome procrastination and become decisive... anybody can do it! You **MUST** become decisive to reach the highest levels of success.

It's like a "law of nature".

### **DECISIVENESS = SUCCESS**

Someone once said "too much information provides confidence, but **NOT** accuracy. You've got to trust your instincts. Also, decide and act on instincts, and keep discussion short [when coming to a decision]. Insight is not a light bulb that goes on inside our heads. It is a flickering candle that can easily be snuffed out. And you must protect that precious flame".

Your life is filled with decisions. You are making decisions all day long. You decide... if and when you will get out of bed in the morning; if you'll exercise or not; what you will eat; what you will wear; where you work; how you treat people; how you spend your leisure time; what you read, listen to and watch; who you interact with socially. You also decide whether or not you are going to procrastinate decisions.

Yes, you are making decisions all the time. You already know how to make decisions. You've made millions of decisions throughout your life.

Some have been good, and some have been bad. You have a track record for making decisions. So why is it that you, **TODAY**, may have a hard time making important decisions? Why?

Studies show that the average person makes **BETTER DECISIONS** in "a blink" than they do after they've "analyzed everything" and coming to a decision later.

### **STOP PROCRASTINATION!**

Make quick and definite decisions! Right here...right now!

So if there is something you need to make a decision on just **NIKE** it **DO IT!**

There is no such thing as a mistake... Check out the word itself, break it up mis and take, just like the movies, it can take many takes to make a wrap. Sometimes you have a couple of takes yet each time it's getting you closer to your ultimate goal or preferred outcome.

My name is Don Farnden and all day every day I coach business owners in becoming the very best not only in their chosen craft yet in being the best at business. Many of them quickly realise that it is that person that they look at in the mirror in the morning that stands in their way. So next time you look in the mirror make a decision. Decide to do something you have been procrastinating on and ...

**Here's to More Life!**