



# JIM HARSHAW JR.

---

## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #317

### **Defeating Procrastination: Tactics to Boost Productivity Even When You Don't Feel Like It**

We all procrastinate— even world-class performers.

BUT what sets them apart is the ability to shake off the distractions and easily build back their momentum to accomplish what needs to be done for the day.

Through years of experiencing procrastination myself and engaging with world-class personalities in business and sports, I've discovered the tools and tactics that can effectively reduce the friction to boost your productivity— even when you don't feel like it.

In this episode, I'll be sharing with you the 9 reasons why we procrastinate and the actionable strategies you can use so you can finally defeat procrastination and empty your to-do list in a breeze.

This is your time to be productive! Listen now!

#### **Top Quotes From This Episode**

*"Procrastination is part of success through failure."*

*"Movement will create motivation."*

*"Don't wait for the motivation. Create the motivation. Don't strike when the iron's hot, make the iron hot by striking it."*

*"The more you do it, the more you'll increase your chances."*

## Show Notes

This episode touches on the following key topics and ideas:

- **Why do we procrastinate? (1:09):** From a [The New York Times](#) article: *“Procrastination is a perfect example of **present bias**, our hard-wired tendency to prioritize short-term needs ahead of long-term ones.”*

### 9 Reasons Why We Procrastinate and the Tactics for Defeating Them

#### 1. ADHD or depression (5:47)

If you suffer from any mental discomfort or illness, seek professional help.

#### 2. You're distracted (5:54)

Create your [Environment of Excellence](#).

A couple of things you can do to achieve this are:

1. Turn off the notifications on social media, email, and text
2. Install [News Feed Eradicator](#) to eliminate social media noise
3. Use [Inbox When Ready](#) and spend less time monitoring your email
4. Manage your time with the [Pomodoro Technique](#) ([Pomodoro Timer](#))
5. Have Deep Work sessions

#### 3. Fatigue/Low energy (9:54)

1. Focus on your core habits: Sleep, exercise, nutrition
2. [Dive Response](#): Hold an ice pack on your face for a minute for an emotional reset. Doing this will help in changing your physical state that's akin to falling through an ice lake or getting a cold shower.
3. Take a power nap
4. Relax and do some deep breathing exercises
5. Allow yourself to do low-value, low-cognitive work (like clearing out your inbox) instead of falling into the social media rabbit hole

#### 4. Overwhelmed (14:15)

In order to avoid drowning from all the tasks you have on your plate, write down the top 2 or 3 most important tasks and start working on them.

Learn how to prioritize and say no (for now!) to the rest of the activities /tasks you have on your to-do list. Do it one step at a time.

## 5. You don't have anything that's urgent (17:05)

1. *Instant Negative Feedback*: Created by [Dr. Rob Gilbert](#) of the Success Hotline, it's the idea of holding yourself accountable by creating instant and negative consequences if you're not able to accomplish a task
2. Get an accountability partner
3. Kick your own ass
4. *Nicotra Technique*: Write down your to-do list in order that you want to work on them. Then, close your eyes and visualize yourself working on those tasks and getting them done one by one.

## 6. The Startup Energy (22:07)

The startup energy required is high. So how do you overcome it?

1. Become aware of your desire to put it— the startup energy and procrastination— off
2. Mechanically do the thing. As Nike puts it, "Just do it!"
3. Chunk it down. Do things one step at a time
4. Find a way to reduce the friction that's slowing you down from doing the tasks that you want and have to do

## 7. Low-perceived value of tasks (25:06)

If you have to do it, GET IT DONE.

Use the tactics in this list. Mechanically do the thing. Or maybe you can connect with people and experts who can help you get things done.

A [Productive Pause](#) will help you clear your mind to find ways to simplify and accomplish your tasks at hand.

Ask yourself, "What are the resources that I'm not yet using?" "Who are the people who could help me get this done?"

BUT if you think you DON'T have to do it, DON'T! Set aside that task for now and replace it with a task that is of higher value.

## 8. Perfectionist tendencies (26:57)

We feel like things always have to be perfect, but we have to understand that sometimes, good enough is good enough.

## 9. You failed (28:32)

You call it procrastination but in reality, it's just fear of failure. It's your self-doubt that's holding you back.

If that's the case for you, start by listening to the [Success Through Failure podcast](#)! Listen to our guest experts and list down the tips and tricks that you could apply to improve your productivity.

You can also do some journaling and write down what went right the last time you tried something that was successful.

Another one is Positive Mindset tactics. I talk about the [9 Weird Mindset hacks](#) in a previous episode that you can use to perform at a higher level. Go check that out.

- **Visualize your success (29:30)**

Create the emotion of having overcome procrastination or having completed that project.

See yourself celebrating crossing 20 things off your to-do list or starting off that business or quitting that job or whatever it is that you want to accomplish.

Jack Canfield goes more in-depth about the power of visualization in [this episode](#).

### **List of Resources Mentioned in the Episode**

[Why You Procrastinate \(It Has Nothing to Do With Self-Control\)](#) (Charlotte Lieberman, *The New York Times*)

[Asana](#) (Project management software)

Greg McKeown's books [Essentialism: The Disciplined Pursuit of Less](#) and

[Effortless: Make It Easier to Do What Matters Most](#)

Anne Lamott's ["Shitty First Drafts"](#)

["Chicken Soup for the Soul"](#) (book series)

["The Secret Documentary"](#)

Jack Canfield's ["The Success Principles\(TM\): How to Get from Where You Are to Where You Want to Be"](#)

[JimHarshawJr.com/SHARE](#)

### **Want to talk to a personal performance coach?**

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: [JimHarshawJr.com/APPLY](http://JimHarshawJr.com/APPLY)

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

### **How to Leave a Rating and Review for STF on iTunes**

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

### **Other Episodes Referenced**

[#115 Imposter Syndrome, Biohacks and Inventing the World's Next Must Have Gadget with Sam Shames of Embr Labs](#)

[#291 Logically Override the Default: How to Stop Procrastinating, Scrolling, and Getting Distracted](#)

[#33 Dr. Gilbert of the Success Hotline on Wrestling, Achievement and Finding Inspiration](#)

[Wrestling with Greatness Episode 3 with Jake Herbert and Andy Hrovat](#)

[#259 Nine\(9\) Weird Mindset Hacks That You Can Use To Break Limiting Beliefs](#)

[#307 Jack Canfield on How Exactly to Use Visualization and the Law of Attraction to Create Breakthrough Success](#)