

OVERCOME EXCUSES



RESOURCE CHEAT SHEET

Overcoming Procrastination

<http://www.positivityblog.com/how-to-stop-procrastinating-7-timeless-tips>

Seven tips on how to overcome procrastination, including doing more and thinking less.

<https://eliteblogacademy.com/stop-procrastinating-get-done/>

This site provides an exact definition of procrastination, why procrastination is an ongoing battle every day, and why what you are procrastinating on is often the task that will almost always make the greatest impact on your business.

https://www.mindtools.com/pages/article/newHTE_96.htm

This article focuses on why time management is so important in overcoming procrastination and how to recognize when you start procrastinating, why you start doing it, and how to overcome it.

<http://www.lifehack.org/articles/featured/11-practical-ways-to-stop-procrastination.html>

This article shows you 11 practical ways to stop procrastination and enable you to achieve greater results in your life.

<http://jamesclear.com/how-to-stop-procrastinating>

Noted author and observer of successful people, James Clear, gives his 2-minute rule on how to start new (good) habits and overcome procrastination.

<http://www.webmd.com/men/features/its-never-too-late-to-stop-procrastinating#1>

This WebMD article provides noted advice from author William Knaus, EdD, who has written or co-written two books on procrastination; this article also identifies several symptoms of procrastination.

<https://www.forbes.com/sites/margiewarrell/2013/03/25/why-you-procrastinate-and-how-to-stop-it-now/#1d612bd81837>

This Forbes article identifies fear as the reason for your discomfort and why you procrastinate, plus it outlines a 7-step strategy to overcome procrastination and spring into action to fulfill your goals.

Overcoming Excuses and Self-Doubt

<https://tinybuddha.com/>

A website that focuses on inspirational quotes, letting go of frustration, and letting happiness into your life; if you sign up for their newsletter, you will receive 92 Life Lessons for free.

<https://tinybuddha.com/blog/>

A blog that provides inspiration and guidance on overcoming challenges and self-doubt to achieve more.

<http://blog.iqmatrix.com/a-life-of-excuses>

A site that has over 300 self-growth mind maps and that focuses on what excuses really are and why we make them; if you sign up for their newsletter, you will get their Pillars of Success Mindmap for free that will explore an 8-step process for accelerating your results and achieving your goals.

<http://www.labmanager.com/management-tips/2014/06/how-to-overcome-excuses>

International business strategist Dan Waldschmidt offers six tips on how you can overcome excuses and meet your goals; he also provides insight into famous people who failed repeatedly, yet still became successful, including Winston Churchill and Henry Ford.

<https://tinybuddha.com/blog/overcome-the-top-25-excuses-to-wait-on-your-dreams/>

This blog post gives the top 25 excuses why we wait on our dreams and how to go about overcoming them.

<https://evolutioncounseling.com/overcoming-excuses/>

This blog post provides a psychological viewpoint on why we make excuses, focusing on being fearful of taking charge of our own life development and how to overcome this fear.

Overcoming Exercise Excuses

<http://lifehacker.com/how-to-overcome-your-best-excuses-for-not-exercising-1796142007>

This June 2017 blog post goes over the many common reasons why we want to skip exercising and why it's important that we don't.

<http://www.menshealth.com/fitness/exercise-excuses>

This Men's Health article goes over the 21 most common excuses of why we won't exercise (including the only four legitimate excuses) and how psychologists, exercise trainers, and dietitians suggest working past them.

<http://www.webmd.com/fitness-exercise/features/the-top-6-exercise-excuses-and-how-to-beat-them#1>

This WebMD article goes over 6 top exercise excuses and how to overcome them, including the excuse of not having enough time to exercise.

<https://www.cooperaerobics.com/Health-Tips/Fitness-Files/Overcoming-Excuses-Finding-Motivation-to-Eat-Health.aspx>

This article focuses on the importance of both eating healthy and exercising regularly; it concentrates on finding the real reason behind your excuse of avoiding them.

<http://www.cnn.com/2013/03/01/health/fit-nation-stacy-runner/index.html>

The writer of this CNN article tells of the many challenges she has faced when it comes to running, including exercise-induced asthma, and how she was able to

overcome them; she had always told herself she was “not a runner,” but came to realize it was an excuse that she would eventually overcome as she trained for her first triathlon.

Overcoming Distractions

<https://www.mindtools.com/pages/article/distractions.htm>

This article gives you 10 ways to control your day by minimizing distractions such as personal technology, email, and more.

<https://business.tutsplus.com/articles/10-ways-to-eliminate-distractions--fsw-104>

This article gives you 10 steps on controlling the most common distractions most of us find in our lives.

<http://www.lifehack.org/articles/productivity/how-to-overcome-distractions.html>

This article talks about two types of distractions, external distractions triggering inner reactions and inner thoughts triggering external actions, and how to overcome both types.

<https://blog.hubspot.com/marketing/how-to-overcome-distractions-at-the-office>

This HubSpot blog post discusses 5 ways based on science and good concentration habits to overcome the distractions we face at work.

Staying Focused

<https://www.entrepreneur.com/article/225321>

This Entrepreneur article shows you how to recognize your brain's limitations and how to train your brain so you can stay focused on your tasks and projects.

<http://www.lifeoptimizer.org/2011/03/18/how-to-stay-focused/>

This blog post gives you 5 tips on how to remain focused when the procrastination bug starts to bite.

<http://jamesclear.com/stay-focused>

Noted author and observer of successful people, James Clear, gives ideas on how to stay focused when you get bored working toward your goals, which happens to everyone, even professionals.

<http://www.mensfitness.com/styleandgrooming/fashion/7-ways-to-stay-focused-at-work>

This Men's Fitness article focuses on 7 ways to form good habits to overcome distractions and be productive.

<http://healthland.time.com/2012/07/23/13-ways-to-beat-distractions-and-stay-focused-at-work/>

This Time article gives you some statistics on how many Americans get disrupted by distractions daily and 13 ways to beat them and stay focused at work.

<http://www.businessinsider.com/how-to-stay-focused-2015-11>

This Business Insider article focuses on 15 ways scientists have found that enhances focus so you can be more productive.

Resources To Overcome Excuses, Reach Your Goals, and Take Care of Yourself

<https://tinybuddha.com/forums>

Many forums covering topics, including emotional mastery, health and fitness, purpose, tough times, and work. You can read the information from others without registering, but to join in and contribute, you must register first at <https://tinybuddha.com/register/>.

<https://www.mindtools.com/>

Informative site on how to improve essential skills for an excellent career; they have a paid membership you can join to get more in-depth information or you can sign up for their free newsletter to learn new career skills and get a personal development plan workbook.

<http://www.danijohnson.com/2008/overcoming-excuses/>

A free audio recording that describes what excuses are and how to take control of your own life.

<https://go4life.nia.nih.gov/sites/default/files/NoMoreExcuses.pdf>

This PDF from the National Institute on Aging at National Institute of Health gives you some easy, common sense ideas on how you can still exercise and employ positive thinking in your life, even for older people.

<https://goalscape.com/en/>

A visual goal getting software for success that breaks down complex challenges in a meaningful way; there is a free version, a mobile app version (costs \$6/mth, \$66/yr), a desktop version (one-time \$60 cost), and an enterprise version (starting at \$1,600).

<https://www.rescuetime.com/>

Time management software to help you stay productive and happy in the modern workforce; the Lite version is free, the Premium version (with more features and a 14-day free trial) is \$9/month or \$72/year.

Outsourcing Sites (to aid you in achieving your goals, overcoming procrastination)

<https://studio.envato.com/>

Various services are offered at Envato Studio, including voice-overs, logo design, WordPress customization, and more.

<http://www.fiverr.com>

All types of jobs listed on Fiverr start at \$5, with Level 2 sellers capable of selling additional services for more. Services include editing, video making, writing, graphic design, and more.

<http://www.elance.com>

Many freelancers on Elance in many different categories- can communicate with them on-site. You can pay part of the total amount of a job for each milestone that is completed, unlike most freelancing sites.

<http://www.guru.com>

There are freelancers on Guru in graphic design, programming, writing, and more. The site will suggest specific “gurus” based on your project requirements.

<http://www.upwork.com>

Formerly known as oDesk.com, over 500,000 businesses use Upwork, making them one of the most popular freelancing websites. You can request and review screenshots of a freelancer's work while the project is worked on.

<http://www.solutioninn.com>

Similar to Fiverr's set-up in that SolutionInn's experts set up services and set fixed prices.

<http://www.peopleperhour.com>

Similar to Fiverr and SolutionInn in that PeoplePerHour's freelancers can set up their services and set fixed prices, but unlike Fiverr, also allows freelancers to search through listings and find jobs on their own. Has a vast array of services offered, including translation services, creating tutorials, programming, writing, graphic design, and more.