

PUTTING AN END TO PUTTING IT OFF *(Getting a Handle on Procrastination)*

Is procrastination getting you down and causing you stress? Decide now to take charge of yourself by learning proven strategies to minimize or eliminate putting things off. **Don't wait! Do it now!**

Procrastination is a self-defeating and stress-producing crippler of getting things done. It can make the difference between success or failure for you regardless of what it is you are trying to accomplish, both professionally and personally! Putting an **end** to putting it off can open the door to greater success, respect from others, and the good feeling of getting things done on time!

2 HOURS:

Focus on the **Payoffs** of **not** Procrastinating!

Why Do We Procrastinate?

Just How Bad Is It?

Putting An End To Putting It Off –
**Learn Multi-Practical Techniques to
Help You Get Control**

Devise Your Person Plan-of-Action
for the Big One(s)!

GO OUT AND MAKE A DIFFERENCE!!

"I was looking for something to motivate me because I'm such a bad procrastinator! And you did it!"

**Valerie Lunnie
Surgical Nurse,
Wayne Memorial Hospital**

"Do you realize what an impact you have on people? It's so obvious you love what you do. It makes me want to evaluate what I'm doing and pursue something I can be really passionate about"

**SBC Seminar,
Wilson Technical Community College**