



The Prescription for Your Best Life

## PERSONAL DEVELOPMENT COURSE:

### Breaking Through Procrastination:

### Why People Fail to Achieve and What to Do About It

Have you ever wanted to do something but were too distracted to finish? Is the fear of the unknown stopping you from doing what you want to do? Do you feel overwhelmed with what's required to complete your tasks?

Don't worry, most people procrastinate and put off what they should do! This course is designed to help you understand why you procrastinate, what you can do to break the cycle, and how to develop the habits for success.

In this engaging workshop, DoctorZed addresses the **science of procrastination**—why we all do it and how to prevent it.

When you finally stop procrastinating and start to prioritise, you can learn to feel more confident and satisfied with what you are doing and achieve the goals that matter most.

#### **The following topics will be covered:**

- why people procrastinate and how to stop it
- different types of procrastination and how to identify them
- a formula to break the cycle of procrastination
- the Life Leadership approach to improving your productivity and performance

#### **On completing this course you will be able to:**

- identify and understand your real reasons for procrastinating
- break the cycle of procrastination to become more productive and achieve your goals
- learn to feel less overwhelmed through prioritisation
- implement effective and efficient habits to improve work/life harmony and satisfaction
- develop a tailored action plan to proactively achieve your goals in work and life

## Course Curriculum: 4 days

### Day 1: The 3 Barriers

It has been said that we over-estimate what we can achieve in a day, and underestimate what we can achieve in a lifetime.

But what stops you achieving? What prevents you from fulfilling your true potential? What limits your success?

For most, it's procrastination. In this introductory session, you will self-analyse the 3 barriers to achievement and success—and why procrastination is the killer of productivity.

At the end of the session, you will have developed the tools to understand the deeper motivations of your thoughts, beliefs, and behaviours.

Concepts covered in Session One:

- Why people fail to achieve
- The 3 Barriers to success
- The 4 Quadrants of Procrastination
- Self-limiting beliefs and behaviours

### Day 2: Redefining Failure

The No. 1 cause of procrastination is fear—and the most common fear is the fear of failure.

Yet we are only born with 3 fears. Which means our fear of failure is learned.

In this second session, you will discover and analyse the main fears that hold you back—and why these fears perpetuate a cycle of non-achievement and failure.

You will learn the basic premise of 'unlearning' your fears, and how you can use the 4-step formula of 'FACE Your Fear' to break the cycle of failure and create a life of achievement, success and fulfilment.

Concepts covered in this final session:

- Redefining your Fear of Failure
- The Principle of Maximum Error
- The 3 Natural Fears
- How to FACE your Fear and Overcome It

## Course Curriculum: 4 days

### Day 3: Refining Your Values

The focus of your thoughts determines your experience. Therefore, if you are not achieving the results you wish, you need to refine how you think.

In this third session, you will discover and analyse the core values you hold—and why these values either propel you to success or hold you back.

You will learn the basic premise of ‘refining your values’, and how you can use The Value Circle to identify your true motivation for achievement, success and fulfilment.

Concepts covered in this final session:

- Refining your Core Values
- The RETAINED Model
- The Value Pack
- Your Value Statement

### Day 4: Realigning Your Goals

The most successful people know the power of goal setting. Yet 97% of people do not do the 1 thing that will skyrocket their success—they do not set goals.

In this final session, you will discover the science behind goal setting—and why goals that are aligned with your values are the antidote to procrastination.

You will learn the basic premise of ‘realigning your goals’ and how you can use 100% of your brain to maximise your success.

Concepts covered in this final session:

- 100% Goal Setting
- The REALIGNED Model
- The 7 Life Goals
- 21-Day Empowered Habits