

**Tip 10 – Do the Task you
Resent the Most, First**





- **Do first high priority tasks you are looking forward to the least**



- **People who get their daily exercise out of the way at the very beginning of the day are a lot more likely to stick with the program long term**



End of
the day



- It's much easier to put it off and rationalize not going at all

Making the Rest of the Tasks for the Day Seem Easy



- Check off the least fun item on your list right at the start of the day

Attaining Self Discipline

- **People who procrastinate and struggle to manage their time have no self-discipline**





- **Getting the least pleasant task out of the way right at the start of your morning will teach you this important skill**

An Increased Sense of Self Respect



- We have trouble taking ourselves seriously when we can't even follow through with our intentions for the day



- **Proving to yourself that you can take care of tasks, will give you the proof you need that you can be productive**

Getting Rid of Avoidance Habits



- Putting off tasks until “later” often means that they never end up happening
- Convince yourself that there is no “later” and that it’s now or never

In Summary

● Tip 10 – Do the Task you Resent the Most, First

1. Making the Rest of the Tasks for the Day Seem Easy
2. Attaining Self Discipline
3. An Increased Sense of Self Respect
4. Getting Rid of Avoidance Habits