


**Is Productivity or
Procrastination
Something you are
Born With?**



A photograph of three business professionals standing against a plain white background. On the left, a man with short brown hair, wearing a light grey blazer over a dark brown shirt, is looking down at a smartphone. In the center, a woman with long dark hair and glasses, wearing a black blazer over a red shirt, is looking down at a smartphone. On the right, a man with short dark hair and glasses, wearing a light blue striped shirt and a blue striped tie, is looking down at a smartphone. A semi-transparent yellow rectangular box is overlaid on the lower left portion of the image, containing text.

Looking at all of this makes it almost seem as though some people are born to be procrastinators, and others aren't



- Devalue all of the effort successful people put into knowing how to manage their time
- It's an excuse to not be more



- **Anyone can learn to manage their time efficiently, no matter who they are or where they've come from**



- A lot of people struggle with time management and productivity issues



- **Countless hacks for managing time more effectively have been created**
- **But how do we separate the valuable knowledge from the humdrum stuff?**

