**How to Get Things Done and Kick Ass**

Matthew Mancino, 5 minute read

Whatever goals we may have, we all need a plan to get there. We all need a way that we can prioritize the things in our lives that pop up, that get in the way, and frankly to spur a little bit of motivation.

I think we’ve all been there, modern society as we know if is full of distractions, disturbances, and things that want to steal our attention away from us. But if we can learn to focus our energies, we can accomplish any goal that we set out for ourselves.

That being said; does the following description sound like you at all? Do you procrastinate starting important projects at the office, at school, or anything at home that you want to really get involved in? Do you feel like you waste a lot of time sitting around the house? Wanting to get something done but feeling overwhelmed about where to start? Maybe you feel like there’s something you’d always like to try but never got around to it because of all these “responsibilities” that get in the way.

Tony Robbins’, legendary peak performance coach, states the obvious truth in his book *Awaken The Giant Within* about as obvious as anyone could put it “We as humans would much rather avoid pain than gain pleasure!”

Looking back on our lives, we can see the pure truth of this statement! All procrastination is based on the idea that doing the “enormous” task placed in front us will cause us much more pain now than the potential pleasure of procrastinating!