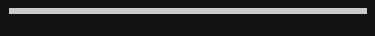# 8 PROVEN FRAMEWORKS GUARANTEED TO BEAT PROCRASTINATION

(USED BY EXPERTS):

CHRISTOPHER ROCAS

Seinfeld Strategy

Consistency always beats intensity.

Seinfeld Strategy 101:

- Pick your Most Important Task.
- Schedule it first thing in AM.
- Put a big X on calendar when done.
- Never miss 2 days in a row.

Pro tip : Use red marker + wall calendar.

The act of 'X'ing out every day creates a dopamine hit as addictive as sugar.

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Pomodoro Technique

Focused sprints boost productivity.

Pomodoro 101:

- Work in 25-minute sprints.
- Take 5-min breaks between sprints.
- Take 15-30 min break after 4 sprints.
- Rinse. Repeat.

The Pomodoro Technique is HIIT for your productivity.

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Body Doubling

Peer pressure is real (hello high school).

Leverage it for good.

Body Doubling 101:

- Work side-by-side a peer.
- Do focused sprints together.
- Use virtual body doubling @ home.

Body doubling taps into social motivation.

Something you can't fake.

70% Rule

Done beats perfect 100% of the time.

70% Rule 101:

- Perfectionism = analysis paralysis.
- Do work to 70% then move on.
- Circle back later to refine if needed.

The 70% Rule has one goal and one goal only.

Ship work.

The ultimate bias for action.

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OHIO Method

Short for 'Only handle it once'

OHIO Method 101:

- Pick one task.
- Eliminate all distractions.
- Do nothing else until it's done.
- Once it's done, don't turn back.

Focus is distractions kryptonite.

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2-Minute Rule

Tiny wins is how you beat resistance.

2 Minute Rule 101:

- Turn every task into 2 minute chunk.
- Build momentum w/ 2 minute win.
- Stack as many 2 minute wins as you can.

The 2-Minute Rule guarantees to kick procrastination.

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Ivy Lee Method

Daily prioritization creates focus.

Ivy Lee 101:

- List your top 6 tasks nightly.
- Stack rank them.
- Do them in order of priority.
- Destroy old list; repeat nightly.

The Ivy Lee Method builds momentum in your most important tasks.

Temporal Landmarks

Milestones = progress.

They also generate dopamine and keep us going.

Temporal Landmarks 101:

- Set deadlines for project milestones.
- Define specific temporal landmarks.
- Celebrate every landmark.

Celebrate small wins, more frequently.

A win is still a win.

CHRISTOPHER ROCAS

Thanks for reading!

IN YOUR OPINION, WHAT'S THE BEST FRAMEWORK TO START USING TODAY?

Follow me for actionable advice on sales, mental models, and career acceleration.

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CHRISTOPHER ROCAS