

Stop Feeling Overwhelmed by Your Never-Ending To-Do List

Do

Sound Familiar?

- You have great intentions but can't seem to follow through
- Your desk is buried under papers and your mind feels the same way
- You start projects with enthusiasm but abandon them halfway
- Time seems to slip away and deadlines sneak up on you



Your Journey

This Workbook Changes Everything

Simple Daily Structure

Just 20 minutes a day to build systems that actually work for your brain

Energy-Based Planning

Match your tasks to your natural rhythms instead of fighting them

Gentle Accountability

Self-compassionate progress tracking that motivates instead of shames

Real-World Tested

Based on psychology research and refined with actual passive procrastinators

“

I finally have a system that works with my scattered brain instead of against it. For the first time in years, I feel in control of my time.

”

— Sarah M., Marketing Manager

Your Organized Life is Just 31 Days Away

ProcrastinationTypes.com
Start your transformation today.