

The 15-Minute Procrastination Cure.

**Start Now. Build
Momentum**

GOALS IN MOTION

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Break Free from Procrastination in Just 15 Minutes

Do you ever feel overwhelmed by everything you need to do, only to find yourself avoiding it all?

You're not alone.

Procrastination isn't about laziness; it's about not knowing how to start. That's where this simple, actionable method comes in.

Imagine how it would feel to finally check that task off your list—this guide will show you how.

With just 15 minutes, you can beat procrastination and take the first step toward achieving your goals.

This guide will help you:

Identify the real reason you're stuck.
Take action in small, manageable steps.
Build momentum to keep going.

Let's get started!

Need more tips? Visit www.thegoalsinmotion.com



Step 1: Choose Your Most Avoided Task

Write down one task you've been putting off. Big or small, it doesn't matter—just pick one thing.



Step 2: Break It Into Micro-Actions

Ask yourself, “What’s the smallest step I can take to start this?” For example:

If it's writing a report, your first micro-action could be opening a blank document.

If it's decluttering, your first step could be picking up one item.

Write down 3-5 micro-actions (each should take 1-3 minutes).



Step 3: Set a Timer for 15 Minutes

Grab your phone or a kitchen timer and set it for 15 minutes.

Promise yourself you'll stop when the timer ends—no pressure to “finish everything.”



Step 4: Start!

Begin with the first micro-action on your list. Then move to the next. Don't overthink it—just start.



Step 5: Celebrate Your Win

When the timer goes off, celebrate! Acknowledge what you've accomplished, even if it's small. This creates a dopamine boost, making it easier to keep going.



Turn It Into a **Daily Habit:**

Pick one 15-minute block every day to tackle something you've been avoiding. **Consistency builds momentum.**

Pair It With a Reward:

After your 15-minute burst, treat yourself to something small: a coffee, a quick walk, or a favorite song.

Use This Template for **Any Goal:**

Whether it's work, personal tasks, or hobbies, the 15-minute cure works anywhere.

Plan Your Next Burst:

What's the next task you can tackle in 15 minutes?

Daily Momentum Template

Task

What's your priority today? Write it down clearly to focus your energy.

Micro-Actions

Break it down into small, actionable steps.
Every big goal starts with one tiny move

Start and Accomplish

Start now and tackle one step at a time. Keep it simple—progress beats perfection.

Celebrate

Reflect and reward yourself. Recognize your wins, no matter how small