How to Stop Procrastinating + Start Focusing During COVID-19

Agenda

Addressing the pandemic

Why this topic?

Why we procrastinate

The antidote to procrastination

Recap, takeaways

Next steps

What this is *not* about:

This being the only option

Your worthiness as a person

Doing it “right”

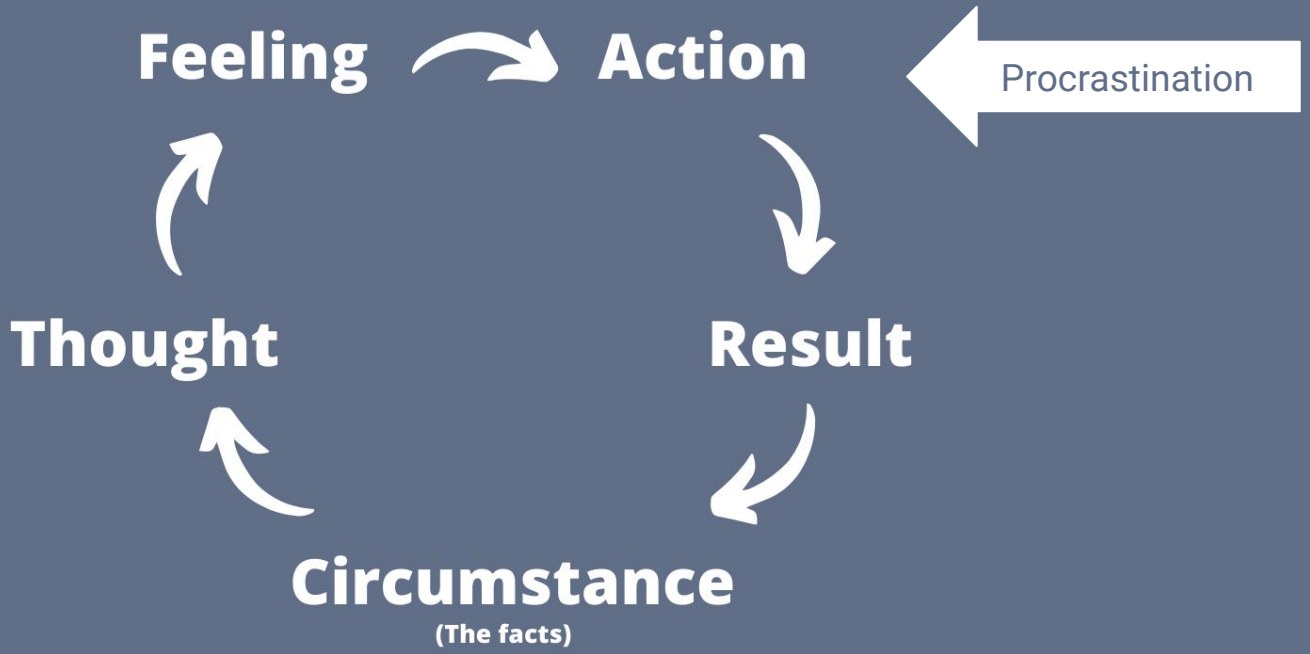
A reason to beat yourself up

You owing anything to the world

Hustling toward burn out

What it is: *Just an option to explore*

Why this topic?



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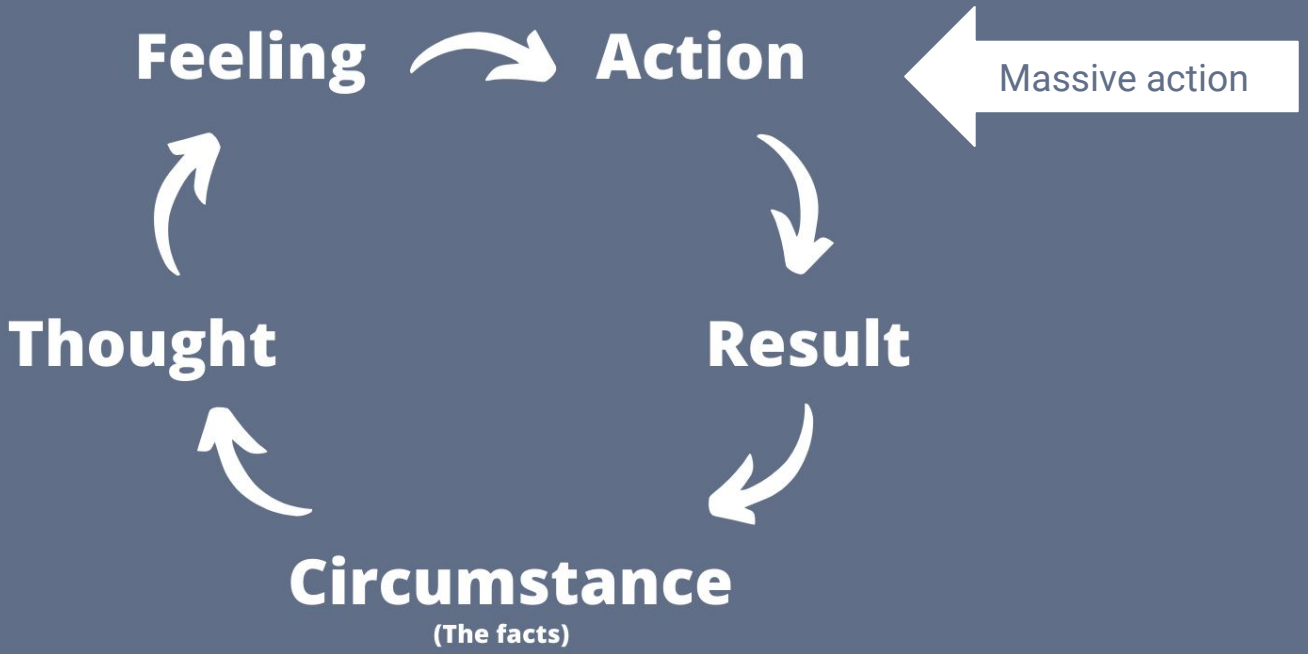

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The brain seeks + creates evidence

What would you create with massive action?

Deep work: Focused block of high-impact, important work

Usually 60 minutes +

How to do deep work:
Schedule on calendar 24 hours in advance

Mythbusters

Time
Priorities
Productivity
Power Zone
Commitment
Focus

Recap

#1 takeaway?

This is just the start
Take it to the next level:
piquecoaching.co/deepworkstate