

Twitter Thread by ArmaniTalks ■■



ArmaniTalks ■■

[@ArmaniTalks](#)



Procrastination Hack:

When you procrastinate, you are focusing too much on the big tasks.

Stop.

Flip it.

Focus on the small tasks & build up.

Ex: instead of focusing on getting the entire blog done, do 1 paragraph.

You will strangely want to complete another paragraph...

Bonus Hack: Song

Have one song that gets you hyped up.

Promise yourself after playing the song 2-3 times, you will immediately begin.

No questions asked.

Begin.

The song amps up your emotions & you approach the task with energy.

Bonus Hack: Game

Turn mundane tasks into a game.

Use your creativity.

If you're a gamer, break tasks into levels & kill each boss.

If you like music, reward yourself with a song after each completion.

Challenge: Aim to do some pushups or pullups after each crossed off goal.

My storytelling newsletter will give you practical tips to level up your mind & level up your life.

To stay ahead of the game, sign up for free here : <https://t.co/JjtGWxvwz4>