



Punch Out Procrastination: 21 Productivity Principles to Beat Procrastination, Boost Focus, and Double Your Output (Increase Productivity, Kill Distractions, Master Motivation, and Get Stuff Done!)

Patrick King

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Do you wonder how some people can do MORE in LESS time than you?

How about punching out **procrastination**, skyrocketing your **focus**, and smashing through your **productivity** ceilings?

Let's face it - we live in a world where our total output and productivity determine our worth. We get no points for positive intentions, legitimate excuses, and other priorities. **We are judged by what we produce**, and nothing else. There are consequences if you can't be as productive as you should be, whether it be from your boss, yourself, or your **bottom line earnings!**

Punch Out Procrastination is a distillation of the focus and productivity techniques I used to claw my business *back into the black* in record time. When I started my business, I got the freedom I had always yearned for, but with that freedom came a serious lack of external motivation and discipline.

Something had to change!

So I made myself a **human guinea pig** and developed the principles in this book - they helped me establish **daily routines and powerful mindsets** to slay the procrastination monsters and jumpstart every aspect of my life!

This isn't a book about just making a to-do list, or just thinking positively about your day. You can find that stuff in any blog, and it's advice that really isn't actionable or truly helpful. My principles are exactly what I use on a daily basis as an entrepreneur working on his own terms - practical, actionable, and realistic. **I created systems that guaranteed my productivity on a daily basis, invaluable for an entrepreneur.**

What will you learn inside?

- The most effective morning routine that will put you "*in the zone*" for the entire day.

- Why "*just pushing through it*" isn't always the best advice for your productivity.
- How to create daily goals checklists that are ordered by **priority and categories**.
- Why the *Pareto Principle* should fundamentally change the way you work.

What else?

- The efficiency of **batching** tasks and interruptions.
- Why **perfectionism** is killing your productivity.
- How to make productivity a *game* for yourself.

Stand up! **Punch Out Procrastination** will help you start conquering those goals TOMORROW! You will develop amazing discipline and willpower that you never thought possible. You will be able to maximize every hour that you're awake, and gain back countless hours through daily actions. Procrastination will be a distant memory. Your focus will be unrivaled. **Most importantly, your overall output, what everyone is judged on, will explode while working fewer hours.**

Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

P.S. Better, more efficient productivity equals more leisure time, and who doesn't want that?

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