

Lesson 004 Workbook

The Procrastination Blaster

WHAT THIS LESSON IS ABOUT

“The Procrastination Blaster”

Most people think procrastination is a discipline problem.

It’s not.

KEY TAKEAWAYS

- Procrastination is usually caused by pressure, not laziness.
- The brain treats “must do” tasks as pain signals.
- Amplifying resistance allows the mind to burn through motivational conflict.
- Emotional intensity is used intentionally to create a polarity shift.
- The shift from “I must” to “I want” signals the moment to act.
- The technique works best when the emotional intensity is fully experienced and then released.
- Immediate action at the moment of motivational shift reinforces the new pattern.

PRACTICE ASSIGNMENT

1. Choose one small task you’ve been avoiding.
2. Run the Procrastination Blaster process:
3. Close your eyes.
4. Repeat internally: “I must do X. I must do X. I must do X.”
5. Increase the emotional intensity each time you say it.
6. Allow resistance to build to a peak.
7. Take a deep breath and drop the entire emotional charge.
8. Become completely indifferent to the task.
9. Begin repeating: “I don’t want to.”
10. Let that resistance build and release again.
11. Wait quietly.
12. Notice when the voice changes to “I want to.”
13. When the motivation peaks — get up and do the task immediately.
14. Repeat this with different tasks during the week

INSTRUCTOR NOTE

Most people try to solve procrastination with discipline.

That's the wrong lever.

Discipline fights the nervous system.

This drill reprograms it.

Let the emotional intensity happen. Don't suppress it. Let it build, release it, and watch what happens next.

You'll start noticing that motivation begins to appear on its own.

And once that happens, taking action becomes almost effortless.

— *David*

NEXT STEP

Now that you understand how to eliminate hesitation and trigger motivation internally, the next lesson will take you deeper into another powerful stealth hypnosis process.

Review this video at least three times, practice with at least three different people this week, or before you begin your next lesson.

Make a List of All The Tasks You Have Been Putting Ofr, apply this technique to the items on your list and get them checked off asap! Email me a copy of your completed list with the check marks and I'll send you a FREE Special Gift!

Your next lesson is on its way!

Practice log — Lesson 004

What you did, what you noticed, what changed. Write it down while it is fresh.