

The

March 20, 2020

I Am Unstoppable!

Newsletter

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**Greetings loyal readers, I hope you are
all well**

It's a disturbing week with Covid-19 being so prominent in the news. Though precautions are a good idea, we also have to keep on keeping on.

With that in mind, this week we have some articles that might help us cope and persevere.

Best wishes to everyone

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How to Stop Procrastinating and Get More Done

Procrastination is defined as the action of delaying or postponing something. Sometimes that means being late, sometimes it means being on time but not doing a very good job. Usually, when someone is procrastinating, they'll find every excuse not to do what needs to be done, often busying themselves with other activities to avoid guilt.

1. **Get Organized** – Sometimes, people put things off simply because they're overwhelmed, and everything just seems like too much. When you get organized you can eliminate busywork and focus more on what really needs to be done.
2. **Develop Clear Goals** – Everything you do should relate to your goals. When you write goals, make sure you can measure them by being very specific about what success looks like.

3. **Create Step-By-Step Actions** – Once you've created a goal, break it down into components with step by step actions that lead you to the result that you desire. The small steps that help you get there should not be overwhelming.
4. **Create a Schedule with Deadlines** – From the steps, put them in your calendar with time limits and deadlines. Make sure that you do give yourself enough time, but don't give yourself too much time.
5. **Eliminate Distractions** – No one can multitask. You'd be shocked to learn how many hours you waste in a day trying to do more than one thing at a time. Studies show that multitasking wastes about 40 percent more time than focusing.
6. **Systemize and Automate** – Some tasks that you do regularly can be automated. All tasks should be systemized so that you do them the same way each time. It'll make you faster and help you avoid trying to get out of it.
7. **Form Habits** – Just like people have bad habits, people can have good habits. Turn the things you need to do into habits by doing them at the same time, in the same way, so that you look forward to it.
8. **Celebrate Success** – When you meet a goal or even part of a goal, take the time to celebrate it. Reward yourself or others who were involved in fulfilling the goal.

9. **Let Go of Perfection** – While you do want to do things to the best of your ability, no one is ever going to be perfect. Often the perfection you're shooting for just doesn't exist. Let it go and get done.
10. **Follow Your Schedule** – Once you set up a schedule, follow it for a long time before changing it. You can check your metrics to find out if it's working and adjust but try not to deviate from your schedule too much.

The best way to eliminate procrastination is to stop doing things you dislike doing and let someone else do them or bite the bullet and just do the thing according to schedule without thought or judgment.

How to Define What Success is For You



Every person is unique, having different values and goals. That's why each person should have their own definition of success. My definition of success may not work for you and vice versa. Defining

success for yourself gives you a customized goal to shoot for. The following exercises will help you determine what success means to you.

Use a Vision Board

One way to figure out what success means to you is to create a vision board depicting what you want your life to look like in the long term. Use the vision board to show the end results of projects you are working on that will get you closer to your long-term life goals.

Create a Mission Statement

Create a mission or vision statement for your life. This is a common thing for families to do together too. A mission statement gives you a reference to turn to before making life-changing decisions for you and your family.

Make SMART Goals

Creating goals that are effective is imperative if you really want to succeed in life. Document your goals in precise terms that are measurable. Make sure the goal and deadline you set are realistic in terms of being achievable. SMART goals are Specific, Measurable, Achievable, Realistic and Time bound.

Let Go of The Fear of Failure

Even if you do everything right, things can happen to derail things. Sometimes you make plans based on mistaken information, sometimes through no fault of your own, something just goes wrong. When things go haywire, embrace them. Learn from them and keep moving forward.

Get Control of Your Finances

Possibly, the most significant obstacle to success, no matter how you define **it, is money. To be clear, you don't need money to be successful** and in fact can be quite successful without much of it. However, you need money to live and when you don't have enough, you become stressed and anxious. This is what will interfere with your success. By keeping control of your finances, money related stress is not an obstacle.

To fully define success for yourself, you must first know what you want in life, what you stand for morally, and what your values are. While some **people can end up successful without a plan, you're much more likely to** achieve your goals quicker and easier with a plan.

How to Master Self-Discipline

Self-discipline is something many people lack but everyone should strive to have more of. One who is self-disciplined often has a life full of success, happiness, and satisfaction. Not to mention, **they're likely to have more money** and better health.

Being self-**disciplined doesn't** mean you never have fun. It just means that you know the steps you need to take to reach your **goals and you're committed to** doing them, even when you prefer not to.

So, how can you become more self-disciplined? Let's take a look.

To be self-disciplined, you must first have a goal and a plan to



reach it. This plan can translate into small daily steps that you need to take daily, weekly or on another timeframe. When take the steps without much thought, it's because you've trained yourself to do it.

Self-discipline includes being aware of temptations or obstacles you may face and knowing how you will avoid or overcome them. For example, if you want to eat better, don't bring unhealthy foods into your home. If you need to write a paper, go directly to

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your desk and write it before making other plans.

Another way to become more disciplined is to replace bad habits with good ones. When you first dump the bad habit, it may feel like a void remains. By incorporating a good habit in its place, you fill this void, leaving no room to backslide.

Let's talk about motivation for a moment. The biggest lie you've probably ever heard has to do with waiting for motivation to come to **you. Motivation doesn't come from** outside; it comes from within you. The only way to get motivated is just start doing. The more you do, the more motivated you will feel. So, stop waiting and start doing.

If you struggle with self-discipline, it can help to have an

accountability partner. If you have a friend or family member who knows your goals and understands your struggle, ask them to help while you create these new habits. You might even find a partner who has similar goals that you can work with.

A great way to stay motivated on your new path is to visually see your progress. Some progress you can easily see, like with weight loss. Other goals may not have a **visual representation... but you** can create one. Whatever your goal, create a tracking sheet or other visual to help you quickly see and remember your progress as you go about your day.

Becoming more self-disciplined simply means that you do what needs to be done to reach your goals, even when you don't want

to. The easiest way to do this is to create SMART goals that allow you to develop a step-by-step plan of how you are going to reach them. Once that's done, you simply need to take action on that plan. Before

you know it, you'll have more self-discipline and a lot more happiness.



Train Your Subconscious Mind to Improve Your Life



Your subconscious mind controls your thoughts and many of your actions. It stores the information you have acquired and allows you to retrieve it when you need it. When you live a mindful life, you know your conscious mind is in control of your subconscious mind, and therefore you can train your subconscious mind to improve your life.

- **Know That You Have the Power to Change** – With few exceptions, you can change your current life to start living the life of your dreams. With realistic goals there is no reason you cannot achieve everything you want to do.

- **Embrace & Learn from Failure** – Many people won't try new things because they are afraid to fail. What they don't realize is that everyone fails at times. It's the nature of things. Oftentimes, learning from those failures is what allows those same people to succeed the next time they try.
- **Give Yourself Permission to Succeed** – On the other side, some people are terrified of success. They see success as having more responsibility or some other negative. Instead, think of it as a challenge that you can conquer. Success is easy once you set your mind to it.
- **Ignore and Avoid Naysayers** – Generally speaking, your life is filled with two types of people; those who support you and those who don't. Surround yourself with the supportive ones and distance yourself from the rest. Removing that negativity from your life opens your subconscious mind to more positive thoughts.
- **Surround Yourself with People Who Celebrate You** – When you find a new way of doing something, or you are learning something new, if you can surround yourself with people who love that thing too, you'll open up incredible opportunities for awesome positive thoughts.

- **Speak Your Goals as Fact** – When you talk about your goals, speak in facts. Instead of saying “I hope to \$50,000 by the time I’m 30” state “I will save \$50,000 by my 30th birthday”. Then put your plan into action to do just that.
- **Meditate Every Day** – Study after study shows that meditation helps people reach their goals in life. If you want to control your subconscious mind, this is one of the best ways to do it.
- **Focus on Gratitude** – Every day take time to appreciate what you have. Think about the things you are grateful for. When you focus on gratitude your subconscious mind becomes more positive.

Training your subconscious mind to improve your life is all about focusing on positivity, gratitude, and solutions instead of problems. Voice your truth in a positive way, and you’ll be surprised at what the world gives back to you.

Have a great, safe week!

Don