

BREAK THE BACK OF

PROCRASTINATION

A 6-STEP GUIDE TO

Greatness



David Neagle
JUST BELIEVE®

WHY IS THAT SOME PEOPLE CAN GET MORE DONE IN A YEAR OR TWO THAN MOST PEOPLE CAN IN A LIFETIME?

These people seem to have an extraordinary ability to achieve goals beyond what common sense would allow. They also earn a large share of the world's rewards, while others continue to struggle and go further into debt.

Here are 3 questions that will help you uncover why these people can do what most only dream about, and how you can become one of these high achieving individuals.

QUESTION ONE

“WHAT MAKES THESE PEOPLE GREAT?”

Can be broken down into 3 areas:

- a) Beliefs
- b) Behavior
- c) Consistency

THEY BELIEVE THAT WHAT MUST BE DONE MUST BE DONE IN AN URGENT MANNER.

ASK YOURSELF: What current result do I want to change most, and how urgently must I change it?

All of your behavior is a result of your current belief system. However, if you are to change the results you're currently getting, you must change your behavior in order to change your beliefs. Once this is completed, the new beliefs then take over the behavior and run on autopilot.

We cannot think ourselves into a new way of behaving. We have to behave ourselves into a new way of thinking. Just because we understand a thing does not mean we can change it. Understanding creates the illusion of personal transformation, but it does not deliver the reality of it.

QUESTION TWO

“CAN I DEVELOP THEIR GREAT QUALITIES?”

Here is a tip: The answer to the above question needs to be something you do on a regular basis, which interrupts the way you have been thinking about yourself and simulates the characteristics you would like to develop.

- Make a clear written statement of the desired outcome (new result) that you would like to have.



I want

This statement is extremely important – it must be exact and precisely clear in its outcome. Only then can you begin to determine the qualities and disciplines that will bring about these outcomes. It is a simple lesson in cause and effect. **Remember that YOU are the cause, and the outcome that you desire is the effect. If you want a specific outcome or “effect”, the cause must be clear and certain.**

QUESTION THREE

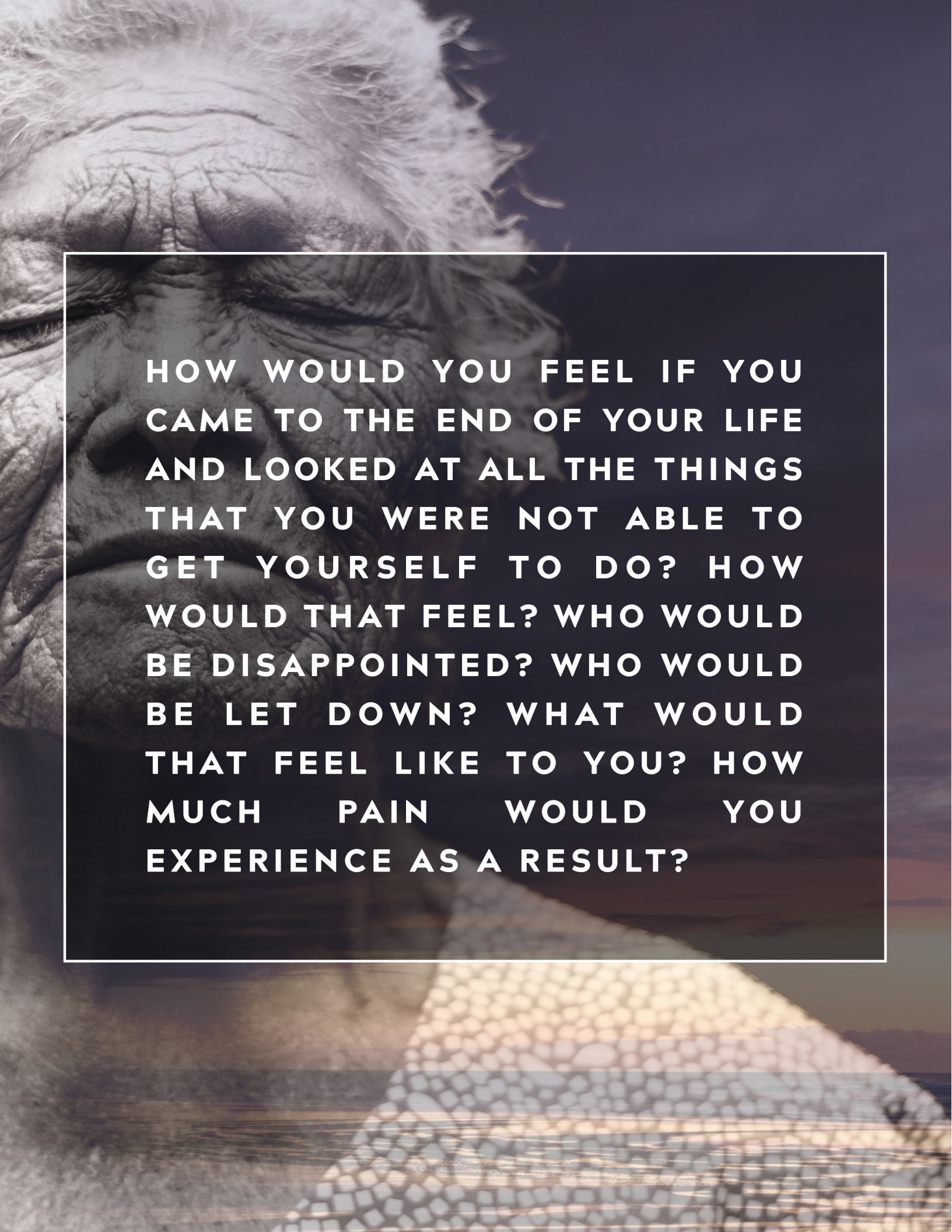
“WHY DO THEY HAVE THE URGENCY TO GET THINGS DONE?”

After studying hundreds of people who have a sense of urgency, you find on the surface so many different reasons behind what they do. It almost seems as if there is no common denominator to their sense of urgency or their success. However, upon deeper exploration, I have found the thread that links all of them together -- and which you are already using yourself (but most likely in a way that gets you the things you *don't* want rather than in a way that gets you the things that you *do* want).

The common denominator to a sense of urgency is simply that people who achieve great success have linked more pain to not doing great things than to doing them.

We all use this in our life, it's just that some people have linked more pain to doing the things that successful people do, than not doing them. So the key to reverse this is to change what we link pain and pleasure to, and then reinforce that belief until it becomes an unconscious reality in our life.

- Make a list of the things that you would need to do to have the success you desire.

A close-up photograph of an elderly person's face, showing deep wrinkles and a contemplative expression. The person's eyes are closed or looking down. A white rectangular box is overlaid on the right side of the face, containing a series of questions in white, bold, uppercase text. The background is dark and out of focus, with a textured, golden-brown pattern visible in the lower right corner.

**HOW WOULD YOU FEEL IF YOU
CAME TO THE END OF YOUR LIFE
AND LOOKED AT ALL THE THINGS
THAT YOU WERE NOT ABLE TO
GET YOURSELF TO DO? HOW
WOULD THAT FEEL? WHO WOULD
BE DISAPPOINTED? WHO WOULD
BE LET DOWN? WHAT WOULD
THAT FEEL LIKE TO YOU? HOW
MUCH PAIN WOULD YOU
EXPERIENCE AS A RESULT?**

If you now link those feelings of pain and disappointment to what you are currently doing, that is NOT bringing you the results you desire, you will find that you begin to move in the direction of doing productive things *even in the face of fear and/or rejection.*

THE KEY TO MAKING THINGS CHANGE IN A LASTING WAY IS TO MAKE A DAILY HABIT OF THE CHANGE. IF YOU MISS A DAY, START OVER THE NEXT DAY AND PERSIST UNTIL IT BECOMES YOUR NEW WAY OF APPROACHING YOUR WORLD.

To recap:

1. What current result do you want to change most, and how urgently must you change it?
2. What behaviors do you want to adopt and what experiences can you design and participate in that would help you act your way into a new way of being?
3. Make a clear written statement of the desired outcome (new result) that you would like to have.
4. Make a list of what you need to do in order to be successful and what you are currently doing. What do you not like or want to do and what are you currently doing that is causing you to procrastinate?
5. Link the feelings of pain and regret to what you're currently doing that is keeping you from achieving your desires.
6. Be consistent in the behaviors you want to adopt until they become your new way of being. Before you know it, you'll be living your success instead of just dreaming about it!



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JUST BELIEVE,

David Neagle



MASTERED QUANTUM LEAPS

“You’d be crazy not to learn from my friend David Neagle. His teachings have been extremely influential in helping me to think differently to master making quantum leaps in my business. Now that I’ve mastered faith, anything is possible! And you can do the same. Let David shift your awareness and show you the way.”

~ALI BROWN,
Millionaire online entrepreneur

MADE 35% MORE COMPARED TO THIS SAME TIME LAST YEAR

“In less than 90 days of working with David I’ve already made 35% more compared to this same time last year! That’s a huge increase and the best part is, it all feels so easy. David is the master at transforming small thinking into big leaps forward in life and business. Thanks to his teachings I’ve made quantum shifts in my money, my mindset and my belief in how easy life and business can be. Just one of the ideas he gave me is going to produce multiple 7 figures in my business. Every time I’m with David – live or virtually – I feel a huge door of possibility open up and a clear path of success laid out in front of me.”

~KENDALL SUMMERHAWK,
Success Coach



\$200,000 TO OVER \$1,000,000 IN OUR FIRST 10 MONTHS



“This is an emotional letter to share, because the numbers are so easy to calculate, but the feeling is difficult to put into words. I can say David and his work took me from \$200,000 to over \$1,000,000 in our first 10 months working together...with David’s coaching and strategy, I have made multiple millions in the last 9 months alone. But—while the money has been wonderful — what has been life changing is the freedom. The freedom to know how to make the money and the freedom from fears of being uncomfortable or living in the unknown. Daily, I am grateful for David. I am aware that my meeting with him was divine intervention and that my decision to have him coach me was the best decision I have ever made!”

~SUZANNE EVANS
NY Times Best Selling Author & Six Figure Business Owner

DOUBLED MY AVERAGE MONTHLY INCOME THE VERY FIRST MONTH



“My income was pretty much stuck at the same level for over a year before I hired David - I just couldn’t seem to get past making an average \$25K a month. I doubled my average monthly income the very first month after starting to work with David ... and it just kept going up from there. I ended up tripling my annual revenue ... all in just nine months of coaching with David. Right now, my average monthly income is double what a “good” month used to be.”

~ANDRREA HESS
Six Figure Business Owner

\$148,000 IN 6 WEEKS

“The most radical transformation that I experienced in my business was the mental shift of overcoming the fear and uncertainty of how to have sales conversations with potential clients. I’ve gone from having consistent 5-figure months to having consistent 5-figure days. In six weeks, I brought in over \$148,000. For me, the best part about this isn’t the dollar figure. It’s the freedom from fear of the sales conversation and the confidence of knowing that no matter what the market trends are or what happens in the economy, I’ll be able to bring in revenue to my business.

~ANGELIQUE REWERS
CEO, Bold Haus



SUSTAINED GROWTH OF MORE THAN 300% OVER THE PREVIOUS 3 YEARS



“In the very first year we coached with David, we tripled our business revenue to \$622,000. In 2015 our company was recognized by Inc Magazine as one of the 5,000 fastest growing companies in the country with verified revenues of just over \$3MM. We were recognized again in 2016 with revenues of \$4.8MM, and we expect to make the list again this year (2017) with sustained growth of more than 300% over the previous 3 years. Ongoing coaching with David undoubtedly helped us build our personal net worth from less than zero to more than one million dollars, and on top of that, has allowed us to make a huge impact in the lives of others.”

~RJON ROBINS
Founder, How to Manage a Small Law Firm