



Procrastination Series

*POSITIVE AFFIRMATIONS
for Life*

Affirmations for Overcoming Procrastination to Get Things Done

Introduction:

Welcome to this guided affirmation track to help you overcome procrastination and start getting things done now. Listen and repeat each affirmation after me. This is your time now so honor it.

Track 1:

1. I am ready to do this task now.
2. I am taking action today.
3. I trust my decision to move forward on this.
4. Now is the best time to do this.
5. I feel like doing my work right now.
6. Taking action makes me feel like a winner.
7. I commit to my work loud and clear.
8. My work makes a positive difference.
9. I make great use of my time all day long.
10. I have everything I need right now to get this done.
11. I feel ready and excited for a productive day.
12. I give up procrastination with ease.
13. Efficiency flows out of me now.
14. I am always ahead of schedule.
15. Today is ideal for me to tackle this project.

Track 2:

16. I'm in the flow of getting it done now.
17. I set aside distractions to focus on the job at hand.
18. I no longer procrastinate like I used to do.
19. Moving onward with my goals is what I do best.
20. I overcome procrastination easily.
21. I am choosing my work over my excuses now.
22. Getting things done makes me feel good.
23. I anticipate a great feeling of completion.
24. I focus on the important stuff today.
25. I can feel my accomplishments happening.
26. Making things happen is what I do best.
27. I enjoy the satisfaction of getting my work done.
28. I inspire myself and others to higher achievements.
29. I make the best use of my time.

30. Taking charge and getting things done is in my nature.

Track 3:

- 31. I tackle things today effortlessly.
- 32. I have laser-focus on what needs to be done right now.
- 33. My most pressing projects get my full attention.
- 34. My goals matter so I focus on them.
- 35. Completion of my tasks is my highest reward.
- 36. Now, not later, is the time to do this.
- 37. All of my actions align to my goals.
- 38. My distractions have no power over me.
- 39. I complete projects well in advance of deadlines.
- 40. I am efficient when getting things done.
- 41. I feel joyful when I am being productive.
- 42. I am an achiever.
- 43. I visualize accomplishing the end goal with ease.
- 44. I enjoy inner peace when I finish on time.
- 45. Getting things done is in my nature.