



Session Outline

PROCRASTINATION PROOF: THE FOUR PERMISSIONS THAT GIVE YOU THE LIFE YOU'VE BEEN WAITING FOR

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WHY RESOLUTIONS FAIL

- Nobody finishes goals.
- Every person you lead knows they are capable of something more.
- We don't like doing difficult things because they're difficult.
- You're the most persuasive person you've ever met.

PROCRASTINATION IS A MINDSET ISSUE (06:35)

- Most of life's problems are mindset.
- Your whole life is a series of repetitive thoughts you listen to.
- To deal with them:
 - Retire your broken soundtracks.
 - Replace them with new ones.
 - Repeat the new ones so often they become as automatic as the old, broken ones.
- Great thoughts lead to great actions. Great actions lead to great results.
- Mindset matters more than ever before because people are bringing their full selves into work.

THE SOLUTION TO PROCRASTINATION IS PERMISSION (10:45)

- Everyone you know is waiting for permission.
- When you were a kid, a permission slip was a passport.
- Permission is in every great story.



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FOUR PERMISSIONS (16:30)

- Permission to dream: What do you want to do?
- Permission to plan: How will you do it?
 - Planning is visiting the future and taking notes for when you get back.
- Permission to do: Are you doing it?
- Permission to review: Did it work?

WHY DOESN'T EVERYBODY USE THESE PERMISSIONS? (20:00)

- Dreamers get stuck dreaming.
 - They have 1,000 ideas and zero actions.
 - Their broken soundtrack is: "You know what would be cool?"
- Perfectionists get stuck planning.
 - They are going to change the world as soon as the plan is perfect.
 - Their broken soundtrack is: "We need a little more data before we make a decision."
- Hustlers get stuck doing.
 - They are obsessed with do.
 - Their broken soundtrack is: "This is such a waste of time!"
- Analysts get stuck reviewing.
 - They review mistakes from the past and predict failure in the future.
 - Their broken soundtrack is: "That's not how we do things here."



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POSITIVITY HAS A BETTER ROI THAN NEGATIVITY (27:15)

- Practice positivity with soundtracks like:
 - Never compare your beginning to somebody else's middle.
 - Fear comes free. Hope takes work.
 - Give your family the best of you, not just the rest of you.
- Most people practice negativity.

WHICH PERMISSION DO YOU NEED RIGHT NOW? (31:15)

- Dream: Maybe you need to reconnect with the vision.
- Plan: Paper shrinks fear.
- Do: The middle of every goal is hard and boring and lonely. Hills pay the bills.
- Review: Leaders who can't be questioned end up doing questionable things.

DON'T WAIT (34:05)

- In your 20s, don't wait. Go, go, go.
- In your 30s, don't wait. You're going to feel behind. You're not behind.
- In your 40s, don't wait. You're not burned out. You're bored. You're underchallenged and overstimulated.
- In your 50s and 60s, don't wait. You're just getting started.
- In your 70s and 80s, we need you. You are a time machine. You've been to the future we're trying to get to, and we need to know how you got there.