

Don't Forget! Seven Tips to STOP Procrastinating and DO IT NOW.

By Judy Marcus, Memory Lady

How often do you find yourself wanting to do something, but instead, you set the desire aside so you can run off and do something else? And then you forget what you originally wanted to accomplish? Or, it feels too overwhelming? Or worse yet, it's too late?

Before you beat yourself up with a wet noodle because:

... It's two months later and the credit card bill is unpaid and gathering interest...

...Or the books are still "resting" on the floor ever since you emptied the shelves when you had this great inspiration that it would be easier to find what you wanted to read if only you sorted the titles into categories...

...Or you've been meaning to send New Cousin Jordan a baby gift and now you just found out he started Montessori preschool...

Here's a simple solution to end procrastination:

Do It Now!

1. **D**ecide: Is this worth the time and effort?
2. **O**nly start if you can see it through.
3. **I**temize the task into small steps.
4. **T**ake out all the tools needed.
5. **N**ow, not later, sit down (or stand up) and do it.
6. **O**nly stop when you're finished.
7. **W**ear a smile. You've earned it!

While the above might seem over-simple, it isn't. The only way to stop

procrastinating is to just do it now.

Then you won't forget!

Judy Marcus, Memory Lady®, author of **WHERE ARE MY KEYS?®** (now in its second, expanded edition), and creator of the **LOVE Memory Method®**, motivates, inspires and empowers people of all ages to remember in a fast, fun, and easy way. Audiences world-wide love her contagious enthusiasm and energy, and her unforgettable lessons for both business and everyday life. **Read more about Judy on her speaker and expert pages.**