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# How To Stop Procrastinating & Make Progress in 15 Minutes Or Less.

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Stop waiting for inspiration.  
Start building momentum.

## **What You Need:**

- This Document.
- A Timer
- One SMALL Task

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# INTRODUCTION

Thank you for grabbing your copy of "How to Stop Procrastinating and Make Progress in 15 Minutes or Less"!

In this guide, you're going to experience something different: taking action without waiting to feel ready.

Most procrastination advice focuses on productivity hacks, time management, or motivation. But that's not your real problem.

Your real problem? You're waiting for perfect conditions that will never come.

You're waiting to feel confident before you start. But here's the truth I learned after working with hundreds of aspiring entrepreneurs:

**Confidence doesn't come before action. It comes FROM action.**

When I first started my business, I did everything the "right" way. I planned. I researched. I perfected. I waited to feel ready.

And I stayed stuck.

I was so busy trying to get it all figured out before I launched that I wasn't actually building anything. The overwhelm, the procrastination, the constant feeling of "I'm not ready yet"—it was all a protection system keeping me safe from being seen. But safe wasn't getting me closer to my dreams.

So I broke the rules I'd been following. I launched before I felt ready. I took messy, imperfect action. And I discovered something powerful:

**Every time I moved forward—even imperfectly—I built quiet confidence.**

Not the loud, fake-it-till-you-make-it kind. The real kind. The kind that comes from proving to yourself that you can handle uncertainty, survive imperfection, and keep moving anyway.

That's what this guide is designed to help you do.

You don't need more time. You don't need perfect conditions. You don't need to wait until you're "ready."

**You just need to start.**

And in the next 15 minutes, you're going to prove to yourself that you can.

# HERE'S THE TRUTH

You don't need more motivation. You don't need the perfect plan. You don't need to feel ready.

**You need momentum.**

And momentum doesn't come from waiting—it comes from moving.

This isn't about what you accomplish in the next 15 minutes.

It's about proving to yourself that you can START.

Messy? Fine.

Imperfect? Great.

Small? That's Even Better.

The point is to build the muscle that moves you forward—without waiting for inspiration, clarity, or the 'right' conditions.

Let's build that muscle right now."

## 15-MINUTE PROCRASTINATION BREAKTHROUGH

# HERE'S WHAT YOU'RE GOING TO.

**STEP 1: Pick One Small Task Write down ONE thing you've been avoiding.**

Make it small enough that you could make progress in 15 minutes.

Not: Launch my business

**Yes:** Write 3 business name ideas

Not: Get organized

**Yes:** Clear off one corner of my desk

Not: Write the whole email sequence

**Yes:** Draft one subject line

**My small task:**

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# 15-MINUTE PROCRASTINATION BREAKTHROUGH

## STEP 2: Limit Distractions

**Yes:** Put Your Phone Down (or in another room).

**Yes:** Close Extra Tabs

**Yes:** Yes To Music (if It's Your Thing)

Limiting distractions may mean putting your pups in their kennel for 15 minutes. They'll survive. Putting on a cartoon for your little ones. Or yup, even closing your office door during your lunch hour.

## STEP 3: Set Your Timer For 15 minutes. That's it.

Your Phone. A Timer. Your Computer. Whatever Works.

## STEP 4: GO.

This is your permission to be messy.  
Permission to be imperfect.  
Permission to do it "wrong."

**The only rule: MOVE.**

**→ START NOW. See you on the other side.**

# 15-MINUTE PROCRASTINATION BREAKTHROUGH

→ **WHEN YOUR TIMER GOES OFF, STOP!**

Here's what just happened:

You didn't wait for inspiration. You didn't wait to feel ready. You didn't wait for perfect conditions.

**You just STARTED.**

And that's the hardest part.

It might feel small. It might feel messy. It might not feel like 'enough.'

But here's what you actually did:

- You chose yourself for 15 minutes
- You proved you can take action without waiting
- You built the momentum muscle

**This is how change happens.**

Not in one big bold move that freaks out your nervous system. But in small, quiet, consistent actions that build confidence over time."

# 15-MINUTE PROCRASTINATION BREAKTHROUGH

## QUICK CAPTURE

**What did you work on?**

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**What did you accomplish (even if it feels small)?**

Wrote 5 lines? Great! Mapped Out Ideas? Great! Wrote a rough draft? Awesome. It Doesn't Actually Matter How Much You Got Done.

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**How does it feel to have moved forward? Even if It Was Only A Little Bit?**

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# 15-MINUTE PROCRASTINATION BREAKTHROUGH

## HERE'S WHY THIS WORKS

Goals aren't really about the end result. They're about learning to navigate the process.

### **Every time you:**

- Start before you feel ready
- Take imperfect action
- Choose momentum over inspiration

...you're rewiring your brain.

You're teaching yourself:

- I can do hard things
- I don't need perfect conditions
- Small actions compound
- I am someone who follows through

**That's the real win.**

And the more you practice this 15-minute protocol, the stronger that muscle gets.

Eventually? You won't need the timer. You won't need the worksheet. You'll just... **move.**"



# 15-MINUTE PROCRASTINATION BREAKTHROUGH

## WHAT'S NEXT

### Keep Building Momentum

Use this protocol every time you feel stuck.

Every time you:

- Catch yourself waiting for inspiration
- Feel paralyzed by the big picture
- Tell yourself 'I'll do it when...'
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Come back here. Pick one small task. Set the timer. Move.

This is how you build a business, a body of work, a life.

Not in giant leaps. In 15-minute increments."

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Hi, I'm Stacie—a procrastination coach that helps you take action while quietly building your confidence that keeps you moving forward.


Through my Break the Rules framework, I help entrepreneurs stop waiting for perfect conditions and start building their businesses through imperfect action.

Because the world doesn't need more polished versions of people who waited until they felt ready. It needs your real voice, your real story, your real courage—shared imperfectly.

### Ready to keep going?

 Watch your emails for weekly momentum strategies

 Grab my book "Break the Rules" for the complete framework

 Book a free breakthrough call for personalized support

Let's build your business—messy, imperfect, and moving forward.  
—Stacie

[www.staciesadek.com](http://www.staciesadek.com)