



3 Step Formula to Overcome Procrastination:

An Athlete's First Step to Complete Confidence and Consistent Performance



WHY do you procrastinate? That is the real question. WHY? Until you answer that, you'll never stop the bad habit.

You KNOW you need to have THAT conversation with the coach because you are unhappy, unclear, and lacking confidence because he isn't communicating with you. But you put it off...

You KNOW that you need to stretch, work on your stick skills/free throws/pitching form/etc...yet you don't do it consistently. You procrastinate and put it off..."tomorrow i'll do it".

“Procrastination is one of the most common and DEADLIEST of diseases, and the toll it takes on your success and happiness is HEAVY.” –Wayne Gretzky, Greatest Hockey Player of All Time

Sometimes you turn to Time Wasters because you procrastinate so much. Instagram, Snapchat, Netflix to name a few. Those things aren't bad, but they are STEALING YOUR SUCCESS and your HAPPINESS without you even knowing.

Sometimes you just work HARDER. You practice more, train more, and do MORE. You avoid working on other things you know you need to work on. You avoid telling your parents you are burnt out.



You procrastinate on the stuff you know you SHOULD do...and then you justify it somehow. "I'll do it tomorrow."

"More hitting lessons are good. They are making me a better hitter." When in reality, what you need MOST is a BREAK! What you need MOST is to hop on that foam roller and stretch your tight, overworked muscles! What you need MOST is to work on your procrastination habit!"

(Like what you are doing right now. This is awesome. You are doing something different than you have ever done before.)

PRO SECRET: HOW TO BEING OUTSTANDING

Do things that make you STAND OUT! Don't do what everyone else is doing.

Don't you want to be able to wake up tomorrow and say:

"Yesterday I finally did the things that I NEEDED to do. I did the things that are really going to help me achieve my goals and dreams. I said NO to the social media temptation. I stopped making excuses. I had the difficult conversation. I gave my body a break, foam rolled, stretched, and now I feel GREAT. I worked on and strengthened my MINDSET! And in reality, I was a good example to my brother, sister, and friends. I was the FIRST to overcome my procrastination, and they saw it."

In this training you're going to discover the 3 Step Formula to Defeating Procrastination, which is your FIRST Step to Complete Confidence and Peak Performance.



Most parents, athletes, and coaches have no clue that this ONE THING is the first domino that needs to be knocked over before stepping into a more confident, successful version of yourself.

Let me give you an example of this procrastination I am talking about...

You KNOW that you need to study NOW! HOLY MOLY you need to study like 5 days before the test! Not 2 hours before ;-) But you put it off...you procrastinate.

And here is the deal...I KNOW you are a rock star. You have skills that pay the bills. You have potential that is inside you and if you just figured out how to overcome procrastination for good, you would soar.

Athlete, the reality is that you have never HAD TO get better at time management. If you are in high school, your time is managed FOR YOU, for the most part...

But you DO need to take control over your free time. You DO need to have more discipline and self-control. There ARE things you can do more of, better, to get to where you want to be.

Sometimes it is your “people pleasing” mentality that keeps you from doing the things you KNOW you should do (study, train, practice, watch film, etc.). Sometimes you procrastinate because you have lost excitement or motivation. You don’t have clear goals. You don’t know your WHY. You might be on the verge of BURNOUT!



Sometimes you procrastinate because you have lost excitement or motivation.

You don't have clear goals. You don't know your WHY. WHY should you study? To get a good grade on a test? That isn't enough motivation.

Really ask yourself, WHY? Maybe you are like Maggie, a collegiate lacrosse player I have been doing Advanced Mindset Performance Coaching with for the past 10 months...this was her answer to WHY she would stop procrastinating on studying:

"I am GOING to study 5 days before my tests because I never want to feel that pressure and stress again that comes from waiting until the last minute. I study because that is what rock stars do and I AM a rock star. I study early because I am sick of giving my best effort in some areas, but not in others. I want to be a GREAT example to my younger sister and brother. I want to make my parents proud and I don't want to waste the money they have worked so hard to make so that I can go to college. THAT'S MY WHY!"

Maggie doesn't procrastinate anymore about studying. And you know what happened? She figured out the FORMULA for overcoming procrastination in ONE area, and then was able to able it to every single other area in her life.

She found more motivation and success in lacrosse than ever before. She went from being on the bench every minute of every game, to playing solid minutes and making a difference on the team.



She went from being scared to have difficult conversations with her coaches, friends, and family members, to be the COURAGEOUS, CONFIDENT woman she knew she could be and quickly addressing issues that needed to be addressed.

Her coaches grew a greater level of respect for her as a result. Her friends began to look to HER to advice and help to perform better in THEIR own lives.

ALL BECAUSE SHE FIGURED OUT THE FORMULA TO OVERCOMING PROCRASTINATION!

You ready to dive in, get clear, get motivated, and become even BETTER in school, sports, and relationships than you are right now?

The cool thing is, you are going to learn the FORMULA. I am not just going to give you the answers to the test. You are going to learn exactly how to prepare for and take the test so that you are able to do it again and again and again.

Procrastination is like an annoying ex-boyfriend or girlfriend...they keep following you around even after you have cut ties. You'll ALWAYS need to be prepared and equipped to fight against it.



3 Step Formula to Overcoming Procrastination

Step 1

Ask yourself, WHY am I procrastinating? Is it because I am not good at this? Can I get someone to do it? To help me?

Step 2

Know yourself, your tendencies, your excuses. People pleasing? Perfectionist mentality? Imitation and comparison?

Step 3

Take ACTION, see the amazing results on the field, in the classroom, and in your relationships. Find a WHO to help you!

What about you? What are those things you are procrastinating on?

More importantly, WHY? Is it because you are really not good at asking for help!? **Hint: get over it and ASK FOR HELP!**

This training is going to help you become more motivated, more clear (many athletes feel unclear and unsure about where they are headed and why), and HAPPIER than ever.

DO NOT settle for stressed and successful. DO NOT settle for, "This is just the way it is. To accomplish my dreams I have to be unhappy, stressed, and give up my social life.

Let's get going...



Step 1 Get Clear Vision. Know your REAL WHY'S. Make it about Others.

Procrastination was the #1 most frequently identified challenge among 100 athletes surveyed.

Where do I need to STOP procrastinating?

- ☐ Studying/School work
- ☐ Taking a much needed BREAK!
- ☐ Sharing what's REALLY on my mind with:
 - ☐ Mom/dad ☐ Coach ☐ Friend
- ☐ Recovery and injury prevention:
 - ☐ Stretching ☐ Foam Rolling ☐ Icing
- ☐ Sport Specific Training/Practicing/Working Out
 - ☐ Weight-lifting ☐ Running ☐ Skill work
- Other: _____
- ☐ Other (applying to colleges, scholarships, eating healthier, etc.)

AREA 1

What is the MOST IMPORTANT PROCRASTINATION area I need to overcome?

WHO can help me? WHO can I recruit to do it for me or help me with it!?

What will be the consequence if I do not overcome procrastination here?

What will be the benefit when I DO overcome procrastination in this area?



AREA 2

What is the SECOND MOST IMPORTANT PROCRASTINATION area I need to overcome?

WHO can help me? WHO can I recruit to do it for me or help me with it!?

What will be the consequence if I do not overcome procrastination here?

What will be the benefit when I DO overcome procrastination in this area?

AREA 3

What is the THIRD MOST IMPORTANT PROCRASTINATION area I need to overcome?

WHO can help me? WHO can I recruit to do it for me or help me with it!?

What will be the consequence if I do not overcome procrastination here?

What will be the benefit when I DO overcome procrastination in this area?



DID YOU KNOW?

Mental Preparation Precedes Peak Physical Performance. To gain the mental edge, you must do more than just physical skill, strength, and performance training. Go to www.andrewjsimpson.com to learn more.

Be the MASTER of your schedule, not the other way around

ACTION STEP: Write down the things you currently spend your time on (this list should include 24 hours of your day)

Sleep:	hours/day
At School:	hours/day
Social media:	hours/day
Sports practices/games:	hours/day
Eating:	hours/day
TV/Netflix/YouTube:	hours/day
Hanging out with friends:	hours/day
Driving to activities:	hours/day
Studying/homework:	hours/day
Hobbies/recreation:	hours/day
OTHER:	hours/day
	hours/day

TOTAL HOURS PER DAY = _____



DID YOU KNOW?

The average American spends 4 hours PER DAY on social media. If you live to 72 years old, the average person will have spend 13 YEARS STRAIGHT on social media. 13 YEARS!

Now, check off the boxes of the things that matters MOST to you. These are your "values".

- ☐ Spending quality time with my mom, dad, brothers, sisters
- ☐ Practicing my sport and improving as an athlete
- ☐ Becoming more confident and overcoming my fears, doubts
- ☐ Overcoming my mental blocks, learning how to be in the zone more
- ☐ Helping other people, being there for friends
- ☐ Becoming stronger and faster for sports
- ☐ Getting quality sleep
- ☐ Working on school outside of school- studying,
- ☐ Having fun, recreation
- ☐ Other:

NOW compare your lists. Are you spending your days working on EXACTLY what you say is important to YOU?

Yes

No



What is your daily schedule MISSING that you SAY is important?

Do you SAY that working on your confidence and strengthening your mindset is important, yet you are not doing anything day to day to make that happen?

EXAMPLE OF A PRIORITY IN ACTION: by filling out this sheet you are doing work that will ACTUALLY help you strengthen your mind by overcoming procrastination. Spending another hour per week hitting off a tee or going for a run will NOT.

If you do not start THINKING about how you are spending your time compared to what is MOST important to you (your values), you will never escape the procrastination station. YOU are different, YOU can do this.

In order to achieve what I want to achieve, here are the Top 3 things I need to spend more time doing:

Examples: beating procrastination by writing my priorities down; lifting heavy weights to build the strength I need to get faster and jump higher; writing down the things I am thankful for so I keep a positive attitude more often; studying for my tests one week in advance rather than waiting until the last minute; hanging out with mom more

1.

2.

3.



WARNING...

Now that you've discovered how to overcome PROCRASTINATION and you have figured out what REALLY matters most to you and WHY it matter most, you are going to encounter a whole set of other problems.

Things such as how-to AVOID falling back into the same trap when "life happens" Things like how-to STAY motivated and focused when you do not feel like it (key to staying away from the Procrastination Station).

As you know, it takes more than just one time reading a document to change a habit...

And since so many of our community members have asked the PFP coaches to "motivate" their kids, hold them accountable, and help them overcome procrastination, we decided to make it part of our Motivational Message Series. Overcoming procrastination along with other teachings such as:

Enhancing Confidence and Belief

How to Visualize and Own a Positive Mental Attitude

Time Management and How to Beat Procrastination (Develop the Mindset of a Self-Motivated Athlete)

Comfort Zone- How to Dream Big

Setting and Achieving Goals

Making Wise Decisions

Identifying your Weaknesses and Leveraging your Strengths

Transforming from a Follower to a Leader

Developing and growing into the leader you are meant to be- a leader people admire, on and off the Field





Our proprietary system for helping athletes becoming champion-minded leaders is called The Winning Athlete Formula. It is how we've been able to consistently produce over 1000 high-performing, humble, hungry student-athletes. Your child could be one of them!

OPTION 1

Join the Winning Athlete MINDSET Inner Circle

FREE for 30 Days-->



OPTION 2

Visit www.pfpfit.com now to get started at PFP. We have a 60 day money back guarantee in the rare case that your son or daughter does not completely transform into a more confident, successful young man or women.

Also, be sure to click the link below to follow us on Social Media:

www.facebook.com/playersfitnessandperformance

Dedicated to your success,

Coach Andrew Simpson

Founder of Player's Fitness and Performance

Creator of The Winning Athlete Formula



THE WINNING ATHLETE
FORMULA
HIGH PERFORMANCE MENTORING FOR THE MENTAL EDGE IN SPORT & LIFE