

The Only Way to Stop Procrastinating (Based on Research)

author:



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Synopsis

In this episode, we're attacking procrastination head on " using science.

Just think about how many hours, or heck YEARS, you have wasted thinking about what you needed to do instead of doing it.

That ends today.

This episode is packed with a simple, research-backed method to understanding why you procrastinate (it's not what you think) and what researchers claim is the best way of tackling it.

I predict this episode will be one of the most shared this year because procrastination kills more dreams than fear ever does.

Take a listen to this episode, and I will give you something priceless in return: more time.

Imagine having hours to move closer to your dreams, hours to spend with your family, hours to move your body or read that novel, or hell, hours to do whatever the hell you want because you deserve it.

In this episode, we cover everything from micro-procrastinating to avoiding the really important stuff. And as always, I am armed with research and simple takeaways that work.

Specifically, you'll learn 4 critical takeaways to apply to your life immediately, along with a science-backed 3-step technique to break free from your procrastination habit.

Whether you are the captain of procrastination like I used to be, or you are just tired of wasting so much time scrolling on your phone, this toolkit is my zero-cost gift to you.

Nothing is more important than taking control of your time, so hit play and I'll lead the way to ending that vicious cycle you feel stuck in.

Don't procrastinate on listening to this episode.

You deserve to understand why you're resisting parts of your life so that starting today, you can level up and get more out of it.

Xo Mel

In this episode, you'll learn:

- 3:05: Takeaway #1: Please stop labeling yourself as this.
- 4:00: Takeaway #2: Two kinds of procrastination; which one are you doing?
- 6:00: If you can't do what you need to get done, you're normal.
- 8:45: Believe it or not, this is the #1 task most of us procrastinate on.
- 10:15: Takeaway #3: You are not stuck being a procrastinator.
- 12:10: Takeaway #4: This is actually what's behind your procrastination.
- 13:00:

Procrastination defined in a way youâ€™ve never heard before.19:00: Comfortable doesnâ€™t mean you LIKE where you are.24:55: Do this when you catch yourself procrastinating.25:40: What the worldâ€™s leading expert found through his research on procrastination.29:35: The best question to ask yourself next time you catch yourself procrastinating.33:00: The #1 science-backed hack to break your procrastination habit.35:00: Your problem is not that you canâ€™t; itâ€™s that youâ€™ve been trapped.37:50: You have to do THIS before you start believing in yourself.<p> </p><p>Want me to answer your question on the podcast? Submit it here.</p><p> </p><p>Visit www.melrobbins.com/podcast for additional resources.</p><p> </p><p>Sign up for my free 5-day Wake Up Challenge to start beating procrastination from the second your alarm goes off.</p><p> </p><p>Disclaimer</p>
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