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- Doug Sundheim, Author of *The 25 Best Time Management Tools & Techniques: How To Get More Done Without Driving Yourself Crazy*

# GOOD EXCUSE GOALS

THIS BOOK WAS WRITTEN IN LESS THAN 30 DAYS  
USING THE GOOD EXCUSE GOAL SETTING PROCESS

HOW TO END PROCRASTINATION  
& PERFECTIONISM FOREVER

**JULLIEN GORDON**  
FOREWORD BY DOUG SUNDHEIM

# Good Excuse Goals How To End Procrastination And Perfectionism Forever

**Clarissa W. Ong, Michael P. Twohig**



## **Good Excuse Goals How To End Procrastination And Perfectionism Forever:**

*Good Excuse Goal: How to End Procrastination & Perfectionism Forever* , **Good Excuse Goals** Jullien Gordon,2009

*Good Excuse Goals* Jullien Gordon,2009-09 Good Excuse Goals TM is a group based goal setting strategy that leverages the power of purpose people and programming to help you achieve your goals in less time By simply changing the sequence of events that make up the goal setting and goal achievement process you can significantly increase the likelihood that you will achieve any goal you set Good Excuse Goal setting will transform the way you set goals and eliminate your excuse It will help you end procrastination and perfectionism It will help you develop a healthy rhythm for your life that allows you to accomplish 12 powerful things in a year rather than nothing at all It will help you create a support system for yourself and your goals through community accountability It will help you accomplish whatever it is that you want I developed the Good Excuse Goals book as a quick and easy to use system for you to accomplish your goals faster In fact this book was written in 30 days using the same goal setting process that I m going to teach you

**Procrastination:** Jonathan K. Hari,2025-06-19 Procrastination The Reasons Behind It and How to Overcome It Today Proven Strategies to Improve Productivity Boost Confidence and Overcome Delays Struggling to get things done Tired of feeling stuck in a cycle of delay and regret You re not alone Procrastination affects everyone at some point but it doesn t have to control your life This book uncovers the real reasons behind procrastination from fear and self doubt to perfectionism and distractions and provides science backed strategies to break free once and for all Inside you ll discover Why we procrastinate and how it impacts our lives The psychology behind motivation and self discipline Effective time management hacks to get more done How to rewire your mindset for action and consistency Powerful strategies to stay focused and overcome distractions It s time to stop waiting for the perfect moment and start making real progress Take charge of your time boost your confidence and unlock your full potential starting today

*Break the Chains of Mediocrity Forever: How to Stop Settling and Demand More from Life* Silas Mary,2025-02-25 Too many people settle for mediocrity in their careers relationships and personal lives because they don t believe they can achieve more Break the Chains of Mediocrity Forever empowers you to stop accepting average results and start demanding more from life This book is a call to action for anyone who wants to elevate their standard of living success and happiness You ll learn how to push past self imposed limitations break through comfort zones and create a life that s exceptional in every way With practical steps mindset shifts and real life examples you ll be inspired to take bold action pursue your highest ambitions and transform your life from the ordinary to the extraordinary It s time to break free from the chains of mediocrity and embrace a life of limitless possibility

**ADHD Unpacked** Alex Conner,James Brown,2025-03-13 Essential reading Tom Watson Think you have ADHD and looking for help Recently diagnosed and thinking what now Looking to support and understand an adult with ADHD in your life From the hosts of The ADHD Adults comes this accessible authentic and unfiltered guide to understanding adult ADHD You ll find science backed facts on what ADHD actually is how it

shows up in everyday life personal reflections sometimes painful often hilarious and tips and tools for coping Join Alex and James as they walk you through ADHD myth busters it s not a trend technology doesn t cause it and medication can be effective 80% of people who take ADHD medication think so the long held perceptions of ADHD did you know that it was once known as a defect of moral control to why intention and emotion regulation disorder might be a better name for it ADHD Unpacked is the relatable reassuring and downright funny handbook you need to survive and thrive with ADHD A true gift to the community Hana Walker Brown author of A Delicate Game A deep dive into the science understandings and misunderstandings of ADHD Anita Bhagwandas author of Ugly *F\*ck Anxiety* Lauren Douglas,2022-04-05 A beautifully illustrated irreverent guide to breaking out of the anxious thought patterns that hold us back This little self help book contains 101 anxiety spiral stopping exercises inspiring pep talks and calm the F down activities With a no f cks given tone research backed therapeutic techniques and fun fresh illustration F ck Anxiety will help you take control over your anxious thought patterns and make you laugh at the same time Divided into six chapters the first two will help kick that anxiety spiral in it s scrawny ass and the next four help build and flex anti anxiety powers on the daily F ck Anxiety covers the following Get Out of Your Head in Ten Minutes or Less Get Stubborn Against a Longer Spiral Do These Eight Things Every Day You Deserve It A Grab Bag of Ways to Be Amazing to You Truths Tending for Shitty Situations Hush Up It s Time for Your Daily Moment of Zen In addition the book also includes an explanation of how anxiety works as well as recommendations for additional tools and practices **Naked Money Meetings** Erin Skye Kelly,2023-09-05 Your money fights are never really about the money Erin Skye Kelly breaks down what is happening underneath those financial feuds with your partner so you can work together to build the life you envisioned when you committed to each other In this book you ll learn What your own specific money blocks are and why they are preventing you from maximizing your wealth What your partner s money blocks are and how they drive your partner s financial habits How your blocks intersect and what you are actually fighting about hint it isn t about the money Effective cash flow techniques to help you properly communicate about money and rapidly increase your wealth How your lack of communication about money is affecting you in the bedroom and beyond The follow up book to Get the Hell Out of Debt Naked Money Meetings was written in honor of the thousands of couples Erin has worked with who have paid off millions of dollars in debt After enough couples said Erin s work is better than sex therapy she decided to bare it all for you *Freedom to Soar* Tolani Brendan Mosweu,2006 What do you want most Is it financial freedom lasting relationships healthy lifestyle and happiness Well Probably you have wondered what is it that makes other people achieve whatever they want in life while others stay below average And chances are you would be interested in finding out the reasons The difference lies in what each person knows and how he or she makes use of that knowledge Good News You don t have to wonder anymore Success leaves clues and this book was written specifically for people like you and will guide you step by step through principles of prosperity that have helped many achieve their dreams of financial freedom

Let's face it you could do better with more money in your bank account On top of that you could also enjoy free time with your family if you know how to work smart If that sound like what you really need just pause take a deep breath and imagine how the application of what you are just about to learn will change your life It's never too late to be the person you always wanted to be You can achieve your dreams and visions if you only know how And that is why this book is worth your investment To use the word unique would be probably unjust however let me say this book is not a get rich quickly hype This book reveals a tremendous wealth of valuable information on how you too can change your life from lack into a life of abundance The principles discussed in this book are tested and proven and with time will help you achieve whatever you want in life It's true this could just be the missing key you have always wanted to start a life of Nothing missing and Nothing broken True Prosperity Applying the principles you will learn in this book could result in you enjoying a more abundant lifestyle without sacrificing anything that you value your believe your health your relationships your freedom and happiness Take it from me life just got better You will learn how to Harness the power of your thought life and start thinking like a millionaire Set your goals and achieve them Gather a team of people interested in helping you achieve your dreams Use your time wisely and productively Tap into your creative power and have people wanting to give you money for your ideas And many more other ways to help you achieve your lifetime success

*The Anxious Perfectionist* Clarissa W. Ong, Michael P. Twohig, 2022-03-01 People who identify as perfectionists don't always see their perfectionism as a problem But they do recognize that their pursuit of perfection can lead to stress worry and anxiety Written by two clinical psychologists The Anxious Perfectionist addresses the hidden costs of being the best and offers readers essential skills based in acceptance and commitment therapy ACT for coping with the anxiety that is driven by their perfectionism With this guide readers will learn to stop getting in the way of their own success and live a life guided by their deepest values

Leading and Managing in Nursing Pat S. Yoder Wise, 1995

*The Procrastination Cure* Carl Brain, 2020-11-18 Would you like to know how to overcome procrastination and eliminate the excuses that prevent you from reaching your goals and doing more in less time keep reading if you're someone who has a bad case of habitual procrastination you aren't going to go very far in life People don't trust chronic procrastinators and they often have low self esteem How do you feel after a long day when you haven't really achieved your goals or hit your target for the day only to push it into the next day repeating the vicious cycle If you're being honest you're going to admit that it doesn't feel great If this sounds like you then keep reading as this guide may potentially change your life Do you often struggle with getting started and keeping up motivation on important assignments Are you tired of waiting till the last minute to complete a project only to end up unexpectedly overwhelmed by the sheer scope of the project and despairing because you realize you may not be able to complete it on time Are you sick of sabotaging yourself and throwing away life changing opportunities due to your compulsive tardiness This definitive guide takes you by the hand and shows you how the human psychology works in simple understandable terms You're going to discover the

psychology behind motivation and why you behave the way you do as well as hand you a step by step blueprint to getting rid of procrastination for good In this insightful guide you re going to discover Six useful tips to help you identify bad habits that lead to procrastination How to find out if you re a chronic or habitual procrastinator A dead simple but powerful question to ask yourself that will help you boost your motivation and grit The most common forms of self sabotage that are destroying your productivity and how to avoid them How to wield motivation like a weapon and move with grace like a samurai warrior Why activities that make you feel good can actually destroy your success Why fantasizing can sets you back further to some it can come at a nasty price How to use the Pomodoro technique for effective time management A lot has been written about the topic but this audiobook will get rids of the fluff and shows you how to wield this powerful technique How 10 000 can become your favorite number it s not what you think Things to keep in mind and things to try out at the end of each chapter With these tips your life will skyrocket The 30 day step by step plan to help you overcome the habit of chronic procrastination and much much more It doesn t matter if you re a corporate executive a stay at home parent or a college student by the end of this book you ll have all the tools you need to take back the reins of your life and get things done Buy this book now

**How to Stop Procrastinating** Scott Sharp,2023 Do you struggle with procrastination and laziness Have no free time for your loved one your family or your friends Think that you are missing your life limiting your potential Feel overwhelmed and guilty about yourself and your beloved people If you want to stop procrastinating and overcome laziness then keep reading There is no counterargument whether or not procrastination kills your productivity it just does For example if you have been given a week to complete a project you must use it in the best way to get your work done Instead you may spend your time scrolling through Facebook feeds Instagram Twitter or watching Netflix When you are nearing the deadline you might have to run a race to achieve your goal and it will have a huge black spot on the quality Sometimes by the time you understand the influence caused by procrastination it will be too late to correct things In life you have to seize the chances that you get because it only takes a few seconds before it reaches another person Break free from the grip of procrastination and unleash your true potential with this transformative self help guide Packed with practical strategies and empowering insights this book will inspire you to take action overcome obstacles and achieve your goals Say goodbye to delay and hello to a life of productivity and fulfillment The time to start is now What you ll learn 27 Tactics to Beat Your Procrastination Simple Daily Practices Tools and Apps to Stop Procrastinating for Good How to Cure Laziness and Break Lazy Habits How to Deal with Perfectionism 10 Tips and Tricks to Get Things Done in Less Time One Powerful Technique to Get Everything That You Want in LifeYes procrastination is more dangerous than many of us assume However there are always solutions to all problems Even for procrastination you have many practical solutions that can be put into place with perseverance and diligence Would You Like to Know More Download this book to get started and stop procrastinating for good Scroll to the top of the page and select the Buy now with 1 Click button

**Habits and Focus to Overcome Procrastination Forever: Become More**

**Than Ever Before! Start Small Using Goal Setting and to Do List for Growing Self-Discipline and Productivity** Ivan Stepancic, 2018-10-22 How would you like to Focus more Be More and Stop Procrastinating Faster in all areas of your life Do you just want a better life for yourself Grow better habits Living more fulfilled life Or finally accomplish something important only to you like your Someday goals But you just don't know how to do it And you are just tired of so much different advice about self discipline or getting things done methods that you read online If you have ever thought to yourself How come I never accomplish much Why I can't get everything done When will I have time for myself then this book will get you there It's harder then ever to focus on achieving personal goals Constant bombing with different success stories only brings more frustration Commit and embrace the change by developing simple good habits from this book Become Self Disciplined Achieve More and Be More Grow Productivity to HIGHER LEVEL and Overcome Procrastination FOREVER With this book and using simple insights presented in it you'll be able to have ROCKET START in career and personal life improvement you seek so long for Discover how to Focus and why Focus beats Multitasking Simply use to do list notes and calendar to develop productive habits Start with change and never stop doing it Understand yourself better to set goals accordingly Stop bad habits develop good habits Recognize 10 different types of procrastination Switch from active to productive state BOOST the productivity Achieve BIG goals with motivation and commitment and learn importance of both Convert long term goals to short term objectives long term planning Leverage the best resource to improve your life YOURSELF And there's MORE This book contains BONUS of 7 Quick Practical Dirty Tips which will help you improve your life more efficiently Go Ahead Grab your copy Now Habits Focus Needed To Overcome Procrastination Forever is written for you to implement the change simply and efficiently *Procrastination is a Lie*, You're not lazy You're not unmotivated You're not broken You've just been told the wrong story about why you can't get things done In Procrastination is a Lie Sam Choo flips the script on everything you think you know about procrastination This isn't a book about time hacks or willpower It's a guide to understanding the real hidden reasons you put things off like fear of failure perfectionism shame and overwhelm With relatable stories simple language and powerful tools you can use right away this book will help you Stop beating yourself up for not doing more Break free from the mental traps that keep you stuck Build real confidence through small consistent actions Take control of your goals without burning out Whether you've been stuck for days or years this book will help you start again not with pressure but with clarity compassion and momentum You don't need to push harder You just need a better way forward

How to Stop Procrastinating Scott Sharp, Chase Hill, 2019-05-15 Do you struggle with procrastination and laziness Have no free time for your loved one your family your friends Think that you are missing your life limiting your potential Feel overwhelmed and guilty about yourself and beloved people If you want to stop procrastinating and overcome laziness then keep reading There is no counter argument whether or not procrastination kills your productivity It indeed kills your productivity For example if you have been given a week to complete a project you must use it in the best way to get your

work done Instead you may spend your time scrolling through Facebook feeds Instagram Twitter or watching Netflix When you are nearing the deadline you might have to run a race to achieve your goal and it will have a huge black spot on the quality Sometimes by the time you understand the influence caused by procrastination it will be too late to correct things In life you have to seize the chances that you get because it only takes a few seconds before it reaches another person But I would like to share something interesting some people get the work done with quality even if they get it done in a short time due to procrastinating Yes such people do exist and we ll discuss their habits and tips in this book Yes procrastination is more dangerous than many of us assume However there are always solutions for all problems Even for procrastination you have many practical solutions that can be practiced with perseverance and diligence What you ll learn 27 Tactics to Beat Your Procrastination Simple Daily Practices Tools and Apps to Stop Procrastinating for Good How to Cure Laziness and Break Lazy Habits How to Deal with Perfectionism 10 Tips and Tricks to Get Things Done in Less Time One Powerful Technique to Get Everything That You Want in Life Even if there are distractions you must be able to focus on the important things If you know how to differentiate important tasks and trivial tasks you d easily overcome procrastination But the difficulty is in taming your mind For this we ll discuss many practical tips and exercises So this book will help you make time for the ones who actually need it Would You Like To Know More Buy this book to get started and stop procrastinating for good Scroll to the top of the page and select the Buy now with 1 Click button

**Overcoming Procrastination: 44 Actionable Tips to Take Control of Your Life** Timo Kiander,2015-03-26 How to Finally Stop Procrastinating and Take Action Do you procrastinate If you said yes then join the club We all do that from time to time However when the procrastination becomes a dominant player in your life a change is needed Overcoming Procrastination is your guide on how to beat procrastination get stuff done and move closer to your goals and dreams DOWNLOAD the book and learn 44 actionable ways to stop procrastination for good Let this book be your personal procrastination help guide with tips like Distraction and how to deal with them when you work tip 12 How to adjust your actions based on your internal clock tip 8 Understanding why you should invite the Sandman for a 20 minute visit tip 22 Why you should catch the water cooler talk tip 21 What is the SWM Method and how to use it tip 28 What is the PSD Rule and how it can help you tip 26 How to shrink your task tip 44 But this just a fraction of procrastination busting tips in this book So get it now start reading it immediately and take control of your life again Would you like to learn more Download this book and learn 44 ways to help with procrastination starting today

**Procrastination** Scott Stevenson,2017-03-06 Stop Procrastinating and Say Goodbye to Your Lazy Habits Forever Do you have a hard time maintaining your focus while completing particular tasks It is not just you We ve all been there before But knowing how to overcome procrastination is what separates those who accomplish their goals from those who can only dream while wasting time day after day Overcome procrastination NOW Overcoming procrastination habits can seem overwhelming when you don t know what to do But when you understand some simple anti procrastination hacks and habits



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THE BASICS OF PROCRASTINATION AROUSAL TYPES AVOIDER TYPES  
DECISIONAL PROCRASTINATORS OVERCOMING AVOIDANCE AND LACK OF COMMITMENT POOR TIME MANAGEMENT  
PERFECTIONISM FEAR OF SUCCESS OR FAILURE DELUSIONS OF SUCCESS AND UNREALISTIC GOALS LACK OF  
ENERGY PASSION AND CONFIDENCE CONSTANT DESIRE FOR APPROVAL LACK OF CONCENTRATION EXCUSES  
WISHING YOU STARTED SOONER HOW TO REDUCE THE PRESSURE YOU PUT ON YOURSELF START WHERE YOU ARE  
WITH WHAT YOU HAVE HOW TO MAKE THE TASKS MANAGEABLE DEVELOPING AWARENESS KNOWING YOUR LIMITS  
STOP FEELING GUILTY S M A R T GOAL SETTING THE PARETO PRINCIPLE TO INCREASE PRODUCTIVITY HOW TO PLAN  
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Don t go another day letting procrastination dictate your actions Grab this guide today and put the power to change in your hands Want to know more Scroll up to the top of this page and hit the buy button      *Conquering Procrastination* Patrick Magana,2019-11-11 Are you putting something important off right now because you don t feel like doing it Do you feel like you re lazy and incompetent because you never get anything done on time Maybe you feel out of control in your life because you let procrastination take control over you Procrastination is the disease that everyone has and no one wants You may be procrastinating right now maybe you re avoiding that long overdue essay Or maybe you re taking a break from your household chores or work task Either way you may think you have a problem with procrastinating In 2019 a study named Return to the origin by Tibbett from the Personality Psychology issue stated Over 20 percent of adults in the united states are affected by chronic procrastination You aren t alone in this problem Thankfully this guide will take you by the hand and show you why you procrastinate how to stop procrastination and live a better life knowing you can complete tasks in time In this eye opening guide you ll discover How to use these 3 simple principles to take control of your mind and how to use those principles to stop you from procrastinating How to regulate your laziness and complete tasks on time by using this one simple trick What successful people use to complete their important tasks by using these 4 simple steps and procrastinators don t How thinking contributes to procrastination and how to use these 5 simple rules to complete tasks on time Why these 3

secret habits will make you manage your time better and succeed in achieving your goals Why this crucial mistake with goal setting could set you up for failure in achieving essential goals How you can use your mood to set an achievable goal using this one easy to follow a routine The absolute 3 worst things you are doing right now that are causing you to procrastinate and fail in your goals and much much more Stop letting procrastination stop you from achieving the things you have always wanted to do In this guide you will be given the tools to ease your procrastination and we will show you how to stop it from happening so you can live a better anxiety free life where you complete tasks on time So if you want relief from feeling lazy anxious and procrastination and much more click Add to Cart now      *The Procrastination Fix 2 In 1* Patrick Magana,2019-11-12 Are you frustrated with leaving essential tasks until the last minute Do you feel like you re lazy and incompetent because you never get anything done on time Or maybe you re ok managing procrastination on your own but feel like there is an easier way to manage it You have a crucial task to finish in a week This task maybe your job or a household chore that if not finished in time could spell out dire consequences for you But instead of completing it on time you avoid it like the plague instead You may be procrastinating right now maybe you re avoiding that long overdue essay Either way you may think you have a problem with procrastinating You may ask yourself Why can t I finish my task Procrastination is the disease that everyone has and no one wants Procrastinating is a normal phenomenon that has been happening since the beginning of humankind In 2017 L A Noom wrote an article Stop the Meeting Madness found an Egyptian hieroglyphics which stated Friends stop putting off work and allow us to go home in good time You aren t alone in this problem If you want your romantic and working relationships to improve and lead you on the road to success Then this guide will show you how to understand the different types of procrastination and give you the keys to understanding how to set reasonable goals and combat procrastination from your life This book includes Conquering Procrastination How To Stay Motivated Become More Productive And Cure Laziness Forever Procrastination Hacks Unique And Simple Ways To Finally Break Your Nasty Procrastination Habits In this must need guide you ll discover How to use 3 easy to understand principles to figure out why you procrastinate all the time and how to correct yourself when you do them The secret to cutting edge goal setting and how to avoid setting impossible goals that could lead to failure How to use these 3 simple principles to take control of your mind and how to use those principles to stop you from procrastinating The absolute 4 worst common mistakes you are doing right now that is making you procrastinate and leading you to a life full of stress and failure How to regulate your laziness and complete tasks on time by using this one simple trick What successful people use to complete their important tasks by using these 4 simple steps and procrastinators don t The absolute 3 worst things you are doing right now that are causing you to procrastinate and fail in your goals How to find a balance between exciting and annoying things you have to do in life and how to stay motivated while doing something you don t want to do and much much more Stop letting procrastination stop you from achieving the things you have always wanted to do and better your romantic and working relationships by getting

things done in time In this guide you will be given the tools to ease your procrastination and we will show you how to stop it from happening so you can live a better anxiety free life where you complete tasks on time So if you want relief from the stress of not doing something and know how to stop procrastinating and much more click Add to Cart now

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