

Procrastination

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Induction

OK let's get started... please take a seat and make yourself very comfortable... good... perfect... feet apart and hands by your side... excellent... in a moment I would like you to take a very deep breath... hold the breath for a few seconds and then as you exhale... use your imagination... and imagine all of the tension... and all of your daily worries leaving your body with that breath as you exhale... as you take in the breath imagine all of the stresses and worries being drawn into your lungs from every part of your body... congregating there in your lungs... and as you exhale imagine it all leaving your body with the air you breath out... gone forever... never to return...

Take that deep breath now... holding... and breathing out... perfect... now let's do that again... big deep breath... hold... and out... and now one last time... big deep breath... holding... and slowly breathing out all of your accumulated stress, worries and tension... Letting yourself relax into the chair now... and feeling so much better...

In a moment we will begin to relax your entire body starting with the top of your head and working all the way down to your feet... As we work our way down you will find that your mind will relax deeper and deeper and you will enter into a state of complete relaxation where time will cease to exist... and all you will hear is the relaxing sound of my voice...

As I mention the name of each of your body parts I would like you to imagine that, as before, all of the accumulated stress, tension and worry in that body part... as if by magic... moves to your lungs... and is then exhaled in the very next breath... leaving that body part completely... and very deeply... relaxed... all the muscles in each body part totally relaxed...

Starting now with your head... imagine all the stress, tension and worry magically moving to your lungs... from your scalp... your forehead... eyes... cheeks... mouth and jaw... and now you breath it all out... gone... and your head is now completely relaxed... imagine this again with your neck... your neck will now relax as you breath out... relaxing deeper...

And now your shoulders... imagining all of your muscular stress magically moving to your lungs... and out it all goes leaving your shoulders completely relaxed... and now your arms... the upper arms... the forearms... hands... and fingers... and all tension leaving with the very next breath... perfect... all relaxed and calm... arms relaxed by your side...

Feel all of the stress and tension in your back leaving your back... magically collecting in your lungs... and now being exhaled with your next breath... leaving all of your back totally relaxed... as you are sinking deeper and deeper into relaxation... and now your chest... stomach... and abdomen... all worries, stress and tension... imagine it all moving to your lungs and feel yourself breathing it all out... never to return... gone forever... and your hips... all relaxed as all tension gone...

Your legs... your thighs... knees... and your calves... ankles... and your feet and toes... imagine all the accumulated stress, tension and worry magically moving to your lungs... and now being exhaled out and gone forever... leaving all of your feet and legs totally relaxed...

Your whole body and your mind are now completely relaxed... calm and relaxed... from this moment on... with every word I say you will relax deeper and deeper... all you will hear is the sound of my voice as you relax ever deeper and deeper...

Deepener

Today we are going to use your imagination... your powerful imagination... to go on a journey to a wonderful place... a wonderful town called Done-on-Time... a place where all tasks are always completed on time... and everyone who visits Done-on-Time will always come away with the ability to complete all of their daily tasks... and whatever is ever asked of them... on time... every time... for evermore...

Using your imagination now... imagine that you have to enter the town gates of Done-on-Time... You have just stepped off of the bus... and there before you are the gates to Done-on-Time... To get to the gates and enter you must first take twenty steps to get there... and as you take each step you will relax more and more with each of those steps... I will count the steps down from twenty to one... as you take them in your imagination... and with each step that you take you will relax ten times more than the step before... beginning now with step number...

20... calm and relaxed...

19... whole body relaxed...

18... deeper and deeper...

17... 16...

15... ten times deeper...

14... letting go completely...

13... 12...

11... feeling totally relaxed...

10... deeper and ever deeper...

9... 8...

7... more and more relaxed...

6... serene and calm...

5... 4...

3... more relaxed than you have ever been before...

2... your mind is completely relaxed and open to new ideas...

1... as you now enter the gates of Done-on-Time...

Deep... deep relaxation...

The Script

You are here visiting the town of Done-on-Time to observe how everyone is always so productive and happy... for all of the citizens of Done-on-Time are the happiest and most productive people in the world... everything is Done-on-Time is always done on time... making everyone very happy with themselves and their lives...

I am your tour guide while you are in Done-on-Time, and I will point out to you all of the ways that everyone in Done-on-Time accomplishes their daily tasks so quickly and efficiently... and as I point out their methods to you... you will... from this moment on... adopt them as your own... their methods will become your methods... new neural pathways burnt deeply into your subconscious mind...

From today onwards you will always...

Wake every morning with a get-up-and-go attitude... greeting each day as the perfect opportunity to get jobs done... you know that the sooner you get started... the sooner you get finished... and the better you feel as your confidence soars... This get-up-and-go attitude that you now possess allows you to tackle many new projects... it is a winning attitude adopted by all of the citizens of Done-on-Time... you have become the go-to-guy (girl) everywhere you go... admired by all... time after time you prove

your worth... you accept opportunities as they are offered knowing full well they will all get done... get done on time... every time...

Preparation is one of your greatest tools... you always make the time to prepare beforehand for all the things you have to do... you love to organize... your organizational skills are excellent... to do lists... marking dates in your diary... confirming appointments before time... purchasing what you may need well ahead of time... you love being on top of things... always one step ahead... ready when the time comes... done on time... every time...

You are the master of anticipation... you get a feeling when things are coming up... you know that you need to be ready... and ready you will be... diarized, notarized, watched out for... always prepared... you are the most proactive person you know... you always push ahead... you love being ready on time... you are a master of time-management... all jobs done in a timely manner... right away, most times even before... pre-empting needs well beforehand...

You possess an intense burning desire to achieve your goals... you have discipline... motivation... enthusiasm... by your positive activity you constantly strive to make the world a better place... and in doing so the world repays you by making you a better person... you are a problem solver... constantly striving forward... always being rewarded... everything done on time... every time...

Awakening

The time has come for you to board your bus and return with all the knowledge that you have gained from you stay in the town of Done-in-Time... In a moment I will count down from 5 to 1 and on the count of 1 you will awake fully alert and refreshed and ready to go...

5... relaxed and calm...

4... beginning to awake...

3... life returning...

2... eyes starting to open... and...

1... fully awake and feeling wonderful.