

Purpose of the email: Help build a good relationship between Guru and the audience

Avatar:  Roslyn Avatar

What do I want the prospect to do: open emails and begin to have more trust in the Guru.

SL: I'll start Monday, I'll do it later...

Preview Text: Quit Procrastinating in 60 Seconds (FOR GOOD)

Body:

Hey (Name),

Around a decade ago, I remember having no sense of urgency, I always did things **last minute** and only decided to function when I was **panicking over deadlines**.

I was **always late** for hangouts, also last to submit my tasks at work, and even my bedroom and workspace had rubbish everywhere, my desk collecting dust, and even clothes everywhere I needed to put away.

Everyone said "You're just **Lazy** and **Unorganized**"

Now looking back, I know this was **ruining my life... (maybe your life too, {name})**

Until I came across this **60-second cure for chronic procrastination**.

Here it is:

- **Break it Down (20 seconds):** Start by breaking your task into smaller, more manageable steps. This makes tasks less overwhelming and makes it easier to get started.
- **Set a Timer (20 seconds):** Commit to working on the task for just 10-15 minutes. Set a timer and promise yourself to stop after this short burst of focused work.
- **Eliminate Distractions (10 seconds):** Clear your workspace of any distractions. Turn off notifications on your phone and close unnecessary tabs or apps on your computer.
- **Visualize Success (10 seconds):** Take a moment to visualize yourself completing the task and how good it will feel once it's done. This can boost motivation and reduce procrastination.

- **Just Start (10 seconds):** With your timer set and distractions minimized, dive into the first small step of your task. Remember, the hardest part is often just getting started.

I urge you to give this a go, (name)

This can kickstart your glow-up - it did mine!

Wishing you all the best,
Ros x

P.S. In the next few emails, I will be revealing the secret sauce of how to turn dreams into reality within a matter of weeks, not months. No matter how big or small these dreams are!