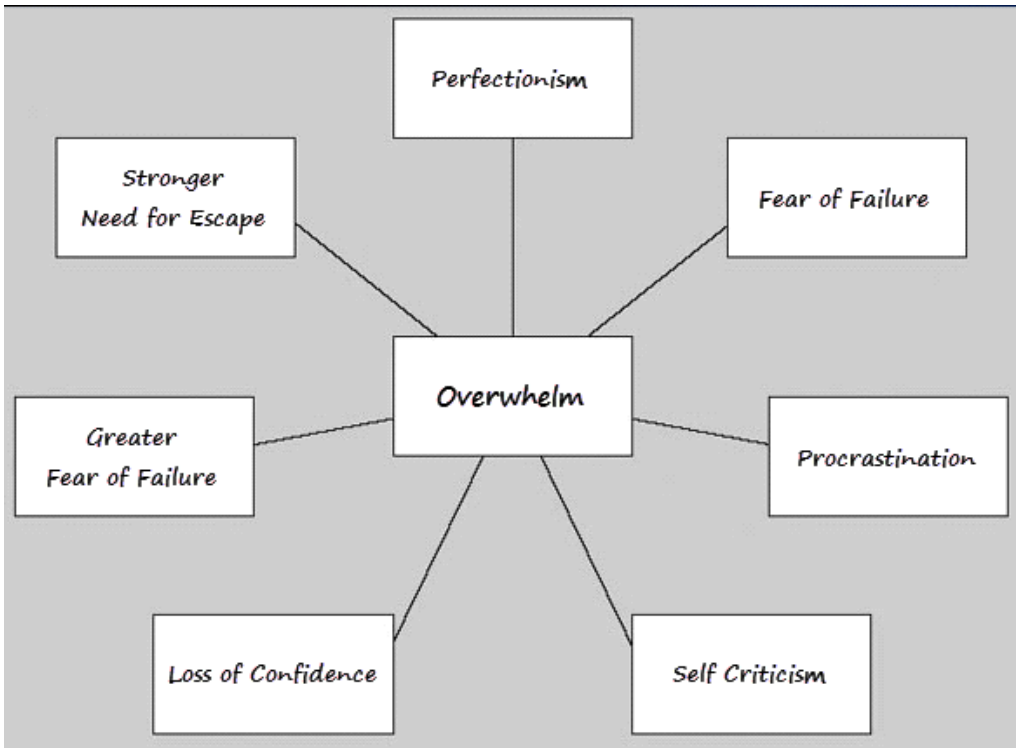
Agent Overwhelm and Procrastination Cycle

At some point in life all of us have been victimized, to varying degrees, yet only **you** can put yourself in victim mode, procrastinator mode, or overwhelm. Break the overwhelm cycle and accelerate your success. Here's how and why top pros don't "have to" do anything.

Perfectionism
Fear of Failure
Procrastination
Self Criticism
Anxiety and Depression
Loss of Confidence
Greater Fear of Failure
Stronger Need for Procrastination (Temporary Escape)

Easy Steps to Conquer the Real Estate Agent Overwhelm and Procrastination Cycle



 Top Pro Action -

1. Use positive self talk to interrupt your procrastination pattern.

2. Write down the answers to these three questions right now.

   What am I stressed about right now?

   What can I do right now to start fixing this?

   Who can I delegate or ask to help with this?

3. Drop I have to (do a blog post) – Change to I am (going to do a blog post).

4. Replace negative victim words with powerful take action words.

Replace these overwhelmed words	with more powerful self talk
I have to	I choose to
Someone probably called already	I will make someone's day
I must finish this	When can I start
I must be perfect	I'll just laugh if I mess up
I don't have time to have fun	I am going to have fun on
This project is too big to finish	I can do a little bit each day

5. Move yourself slightly out of your comfort zone by flicking self criticism and doubt away. Empower yourself with positive self talk and in time you will naturally tap into success.

 Motivate the Top Pro Group

Share your favorite training with us on **Twubs** #topprogroup or with your trainer / mentor. "I just completed the agent cycle mindset exercise for success in my Top Pro Group!"

Training sources - "The Now Habit" by Neil Fiore, Ph.D., Philosophers' Notes, and Trainer Carol Mazur

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