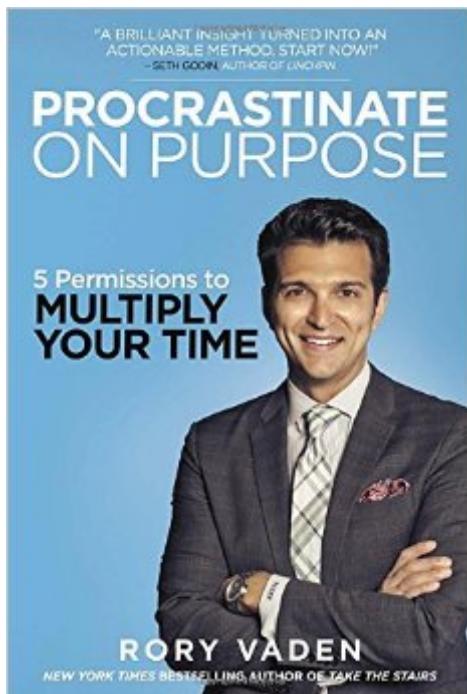


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# Procrastinate On Purpose: 5 Permissions To Multiply Your Time



## Synopsis

Rory Vaden (Take the Stairs) brings his high-energy approach and can-do spirit to the most nagging problem in our professional lives: stalled productivity. Whether we're overworked, organizationally challenged, or have a motivation issue that's holding us back, millions of us are struggling to get things done. In this simple yet powerful new book, *Procrastinate on Purpose*, Vaden presents the five permissions that set us free to do our best work "on time and without wasting energy battling stress and anxiety. Using the POP model, readers will learn to: Eliminate, Automate, Delegate, Consolidate, and Procrastinate (yes, you heard that right). Anyone seeking to up their game, do meaningful work, and ditch the stress of looming deadlines and too many tasks on the front burner will embrace this smart, insightful guide.

## Book Information

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## Customer Reviews

PROCRASTINATE ON PURPOSE grew out of the author's quest to see how super-achievers accomplish their work. We have all heard that time is finite, but the author insists that is wrong. In fact, he says, everything you have learned about time management is wrong. Of course, we all have the same hours in a day, but super-achievers invest time in tasks today that give them more time tomorrow. The author also discovered that time management is not as purely logical as one would think. Rather, guilt and anxiety are huge driving forces, as we stress over what to do next. So, the author explains, any new strategy must take this emotional aspect into account. Surprisingly, this book isn't about time management, like the time-management approaches of decades past. In the

1950's and 1960's, it was about getting more efficient--getting faster at what you needed to do. You didn't really get any more time, you just got faster. Rory calls this the "First Era" of time Management. The "Second Era," around 1989, was based on the work of Stephen Covey, and his four quadrants based on urgency and importance. You rate each task to help you make a better choice of what to do next. So, this era was about prioritizing better. Again, you didn't really get any more time--you simply put one thing in line ahead of another. While there is nothing wrong with doing your work more efficiently, or picking tasks better, neither of these things give you more time. And they likewise don't help you pick tasks that have more significance. This leads to the author's "Third Era" of time management. In this strategy, the third dimension is "Significance." That is, how long will my decision affect me. How enduring will the effect be?

Loved this book! Unlike some others, I haven't read Rory's first book "Take The Stairs" prior to reading "Procrastinate on Purpose" but absolutely loved this book and will be getting "Take The Stairs" shortly! I have read more productivity and "time management" books than I can count, and this one seriously tops them all! Rory covers many tools and resources that can help you focus on the significant tasks at hand, rather than the urgent or important tasks. Among all that is covered in the book, my favorite concept is the Focus Funnel. He describes a funnel in which all of our tasks go into, and each task must pass through several questions before it actually ends up on our desk where we work on it. Those questions in the Focus Funnel are:- Can I ELIMINATE the task?- Can I AUTOMATE the task?- Can I DELEGATE the task? If you are unable to eliminate, automate or delegate the task you now have the choice to do two things:- Should I do the task NOW or should I do it LATER and "Procrastinate on Purpose". In this last decision is the main concept of the book. Rather than procrastinating (putting something off because we don't want to do it) he talks about "Procrastinate on Purpose" or POP or "patience" as putting it off because the task is not significant enough that it should be done now. When you POP the task, it goes back to the top of the funnel, where it will go through all the questions again, in sequence with your other tasks, to determine if it will be ready to complete or not. There are other supportive concepts Rory discusses such as priority dilution and priority concentrate, which help us to understand the value of putting each task through the funnel of questions.

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