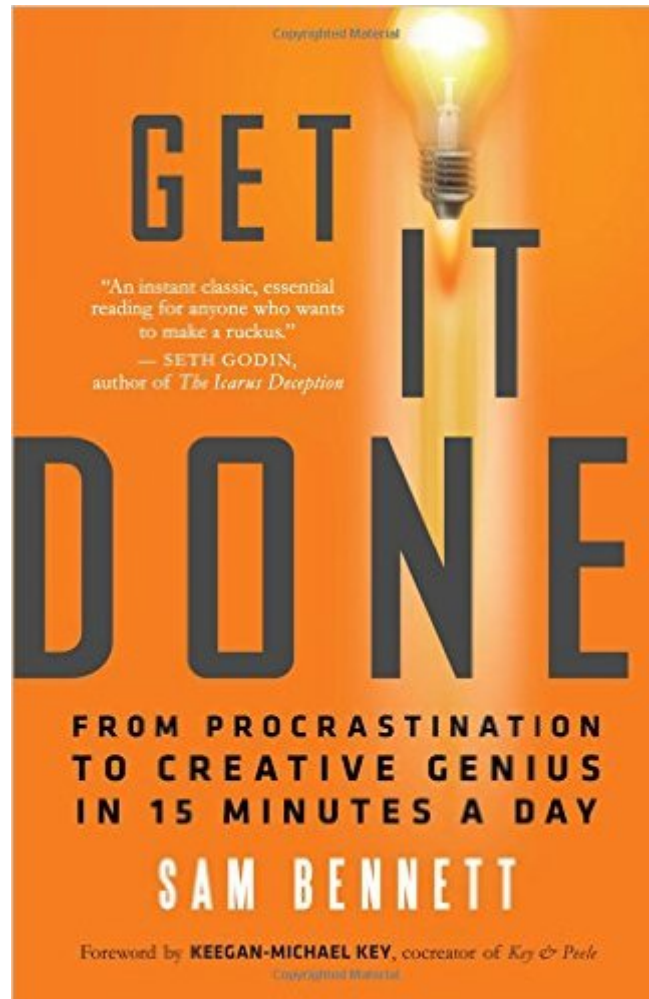


The book was found

Get It Done: From Procrastination To Creative Genius In 15 Minutes A Day



Synopsis

Stop Making Excuses and Start Making Progress Creative people tend to see the world a little differently than everyone else. But that doesn't mean they can't zero in on their goals, get focused, get organized, and not only accomplish what they want to achieve but earn money doing it. In *Get It Done*, a beloved teacher and successful writer, actor, and comedian helps you get a handle on your own particular – even peculiar – creative process and harness your energies in positive, productive, and income-generating ways. Sam Bennett's innovative exercises, inspiring true success stories, and bonus online components will shift your thinking and prompt the kind of insights that turn underperforming geniuses into accomplished artists.

Book Information

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Customer Reviews

Get it Done: From Procrastination to Creative Genius in 15 Minutes a Day Author: Sam Bennett This book is a treasure. A fun, quick and easy read, it is hard for me to put it down. Bennett describes procrastinators accurately and also defines why they procrastinate. She suggests we (yes, I'm a prime example) don't really care about the project, or it hasn't been the right time for a certain project, or we are a little scared to start, or we can't make ourselves do it. Sound familiar? Bennett then goes into how to choose a project. Procrastinators usually have more than one project lined up, she states. She then describes exercises that help the procrastinator choose which project to keep, which to discard, which to put off for later. Just doing this is helpful and freeing. She lists exercises which are extremely helpful. To start with, he has us ask ourselves five questions: 1. Do you think you will learn from working on this project? 2. Will completing this project make a difference in your

life?3. Will completing the project make a difference in the world?4. Does your soul ache to work on it?5. Ten years from now, will it matter whether or not you have done it?These questions will help us choose "front runner" projects. With each chapter suggestions are given to help the procrastinator whittle down the number of projects and figure out which are most important, which we really want to work on and what we can do to make the projects more appealing. For instance, just giving our project a new exciting and enticing name can help renew our interest.

There's such enthusiasm in Sam Bennett's book, *Get It Done*, that I was happy to keep reading and following her suggestions. As my intent for this year is to finish projects already started I welcomed her advice and practical solutions. One of her "short hand" tips is to pick the project that's closest to being done. As with a credit card you're planning to pay off "pick the one that has the highest 'interest' rate and finish that one." Bennett offers five quick questions pertaining to one of the many projects you're procrastinating on. You can repeat this exercise with five possible projects that matter to you. The Pure Preference exercise helps you figure out "the project you would choose if money and time were no object, if your results were guaranteed, and if you knew for sure no one's feelings would be hurt in the process." I definitely had fun listing my projects and going through the exercise. There wasn't an absolutely clear winner and Bennett has five questions to answer in that case. Each chapter ends with an "Action Step", and right from the beginning the suggestions have to do with "playing around with your favorite project" for fifteen minutes. That's before checking your email. I've come to follow that practice and it's very wise advice. You connect to your own work first before attending to the demands of others. And as Bennett points out that because you've plunged "into your day knowing that you've already made even a little bit of progress on the work that is dearest to your heart will improve your whole world." Sam Bennett deals with all the issues that can get in the way of creativity including procrastination, perfectionism and the question: "Who are you to do this anyway?"

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