

90 is just showing up

Book Concept: 90% Is Just Showing Up

Book Title: 90% Is Just Showing Up: Mastering the Power of Consistent Effort

Logline: Discover the surprising truth behind success: it's not about genius or luck, but about consistent, persistent effort. This book unveils the simple yet powerful strategies to overcome procrastination, build unwavering habits, and achieve your ambitious goals.

Target Audience: Anyone struggling to achieve their goals, feeling overwhelmed by procrastination, or seeking a practical guide to consistent self-improvement. This includes entrepreneurs, students, professionals, and anyone striving for personal growth.

Book Description:

Are you tired of starting projects with a bang, only to lose steam halfway through? Do you dream of achieving your goals but find yourself consistently derailed by procrastination and self-doubt? You're not alone. Many believe success is a result of innate talent or a stroke of luck, but the reality is far simpler – and far more empowering. The secret lies in consistent action.

90% Is Just Showing Up reveals the hidden power of consistent effort. This isn't about grueling work; it's about building sustainable habits and a mindset that allows you to consistently move forward, even on days when motivation is low. This book provides actionable strategies to help you:

- Identify and overcome the root causes of procrastination.

- Develop a personalized system for consistent action.

- Build unshakeable self-discipline.

- Master the art of goal setting and tracking.

- Celebrate small wins and maintain long-term motivation.

"90% Is Just Showing Up: Mastering the Power of Consistent Effort" by [Your Name/Pen Name]

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Introduction: The Myth of Overnight Success & The Power of Showing Up

The world loves a good overnight success story. We're captivated by tales of entrepreneurs who launch billion-dollar companies seemingly out of nowhere, artists who achieve instant fame, and athletes who reach the pinnacle of their sport in record time. But these stories often obscure a crucial truth: consistent effort is the bedrock of virtually every achievement.

The 90/10 rule, often applied to success, suggests that 90% of success is simply showing up consistently, while the remaining 10% is talent, strategy, and luck. This book delves deep into that 90%, equipping you with the tools and strategies to make consistent effort your superpower.

1. Understanding Procrastination: Identifying Your Triggers and Roadblocks

Procrastination isn't laziness; it's often a complex interplay of factors, including fear of failure, perfectionism, overwhelm, and poor time management. Understanding your individual triggers is the first step to overcoming procrastination.

Identifying Your Procrastination Style: Are you a thrill-seeker, who procrastinates until the last minute for the adrenaline rush? Or are you an avoider, who procrastinates to avoid difficult tasks or potential failure? Understanding your style helps you tailor strategies to your specific needs.

Analyzing Your Tasks: Break down large, daunting tasks into smaller, more manageable steps. This reduces the feeling of overwhelm and makes it easier to start working. The Pomodoro Technique, involving focused bursts of work followed by short breaks, can be incredibly effective here.

Addressing Underlying Fears: Perfectionism, for example, can be a significant driver of procrastination. Learn to embrace imperfection, focusing on progress rather than achieving unattainable perfection.

1. Building a System for Success: Habit Stacking, Time Blocking, and Productivity Hacks

Once you understand your procrastination patterns, it's time to build a system to support consistent action. This involves integrating productive habits into your daily routine and utilizing productivity hacks to optimize your workflow.

Habit Stacking: This technique involves linking a new habit to an existing one. For example, "After I brush my teeth, I will spend 15 minutes working on my project." This leverages the power of existing routines to build new, positive habits.

Time Blocking: Allocate specific time slots in your day for focused work on your goals. Treat these blocks as appointments you cannot miss. This provides structure and accountability.

Productivity Hacks: Explore various techniques like the Eisenhower Matrix (prioritizing tasks by urgency and importance), the Pareto Principle (focusing on the 20% of tasks that yield 80% of the results), and the use of productivity apps and tools to streamline your workflow.

1. The Mindset Shift: Cultivating Self-Compassion, Resilience, and a Growth Mindset

Consistent effort requires mental fortitude. A growth mindset, characterized by a belief in your ability to learn and improve, is crucial for overcoming setbacks and maintaining motivation.

Self-Compassion: Be kind to yourself. Setbacks are inevitable. Instead of beating yourself up over mistakes, learn from them and move on. Self-criticism only hinders progress.

Resilience: Cultivate the ability to bounce back from challenges. Develop coping mechanisms for dealing with stress and frustration. Remember that obstacles are temporary.

Growth Mindset: Embrace challenges as opportunities for growth. View mistakes as learning experiences, not failures. Believe in your ability to improve with consistent effort.

1. Goal Setting that Works: SMART Goals, Breaking Down Large Tasks, and Tracking Progress

Effective goal setting is essential for directing your efforts. SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) provide a clear roadmap for success.

Breaking Down Large Tasks: Divide large projects into smaller, manageable steps. This makes the overall goal less daunting and provides a sense of accomplishment as you complete each step.

Tracking Progress: Regularly monitor your progress towards your goals. This keeps you motivated and allows you to adjust your strategies as needed. Use a journal, spreadsheet, or app to track your progress.

SMART Goal Examples: Instead of "Get in shape," a SMART goal would be "Lose 10 pounds by June 1st by exercising 3 times a week and following a healthy diet."

1. Maintaining Momentum: Overcoming Setbacks, Celebrating Wins, and Staying Motivated

Maintaining momentum over the long haul is critical. It requires celebrating small wins, learning from setbacks, and staying motivated even when progress seems slow.

Celebrating Wins: Acknowledge and celebrate your achievements, no matter how small. This reinforces positive behavior and keeps you motivated.

Overcoming Setbacks: Setbacks are inevitable. Don't let them derail you. Analyze what went wrong, adjust your strategy, and keep moving forward.

Staying Motivated: Find ways to stay inspired and motivated. Connect with like-minded individuals, find accountability partners, and regularly remind yourself of your "why."

Conclusion: The Long Game: Embracing the Journey and Sustaining Success

Success isn't a destination; it's a journey. Embrace the process, celebrate the small wins, and learn from setbacks. Consistent effort, fueled by a growth mindset and a supportive system, is the key to unlocking your full potential. Remember, 90% is just showing up—and that's within your reach.

FAQs:

1. What if I don't have a specific goal in mind? Start by identifying your values and what truly matters to you. Then, set goals aligned with those values.
1. How do I deal with overwhelming feelings of procrastination? Break down large tasks into smaller steps, focus on one step at a time, and practice self-compassion.
1. What if I experience a setback? Analyze what went wrong, learn from your mistakes, and adjust your strategy. Don't let setbacks derail your progress.
1. How can I stay motivated in the long term? Find an accountability partner, celebrate small wins, and regularly remind yourself of your "why."
1. Is this book only for ambitious people? No, this book is for anyone who wants to improve their consistency and achieve their goals, no matter how big or small.
1. What if I don't have much time? Even small, consistent efforts add up over time. Start with 15 minutes a day and gradually increase your time as you build momentum.
1. How can I overcome perfectionism? Embrace imperfection. Focus on progress, not perfection. Remember that done is better than perfect.
1. What are some examples of productivity hacks I can use? The Pomodoro Technique, the Eisenhower Matrix, and time blocking are excellent starting points.

1. Where can I find additional resources to support my journey? Numerous online resources, books, and communities can provide additional support and guidance.

Related Articles:

1. The Power of Habit Formation: Explores the science behind habit formation and provides practical strategies for building positive habits.
1. Overcoming Procrastination: A Practical Guide: Offers a comprehensive guide to understanding and overcoming procrastination, including various techniques and strategies.
1. The Importance of Goal Setting: Discusses the importance of setting SMART goals and provides a step-by-step guide to effective goal setting.
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1. The Science of Motivation: Understanding What Drives Us: Explores the science behind motivation and provides insights into what drives human behavior.

1. **Building Self-Discipline: A Step-by-Step Guide:** Provides a step-by-step guide to building self-discipline and achieving your goals.

1. **The Importance of Self-Compassion in Achieving Success:** Highlights the crucial role of self-compassion in achieving success and overcoming setbacks.

Additional Resources

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