

Lesson 1: Why Are You Here?

Welcome to Productive Planning: 7 Days to Better Time Management! For those of you who don't know me, I'm Tori and I'm the mastermind behind Chase the Write Dream.

After enrolling in college at the ripe age of 17 (with no guidance from family), I found myself quickly feeling overwhelmed by the tasks I was facing in college. I was a great student in high school, but I learned that if I wanted to see the same success in college, I was going to have to develop some sort of time management plan, and fast.

During the next seven days, we are going to talk about different ways you can increase your productivity and manage your time better so that you don't feel as stressed out (and hopefully you'll be on the path toward awesome grades, too).

Today's topic is a simple one, but it might just be the most important – Addressing why you want to manage your time better.

I want you to take one moment and really think about why you want to manage your time better. It could be for one of the following reasons:

- To have more free time to do the things you want to
- Because you feel stressed out all the time and you're sick of pulling all-nighters
- You find yourself forgetting due dates and missing deadlines at least a few times every semester

For me, I wanted to manage my time better so that I could get better grades, like I did in high school.

Once I was able to pinpoint what my “why” was, I was able to address some of the deeper issues I was facing, like prioritizing tasks from the most need to the least, etc.

Without knowing what your “why” is, you can't expect to have a good direction as to where you are headed or what you're working toward. And friends, **when you have no vision, you have no motivation.**

Think about that... With no vision there can be no motivation.

Did that just hit you in the gut a bit? Because even though I went through six years of school to get my bachelor's and master's degree, that little phrase still hits me in all sorts of places.

Since this step is so important, I'm going to wait to cover some of the more pressing time management and productivity issues in the coming days. Until then, I've included a worksheet to help you.

What's Your "Why"

What are 3 words you think of when the word "school" comes to mind?

Why did you sign up for Productive Planning?

What goal do you want to make for yourself over the next 7 days?

What are the biggest struggles you face in regards to time management and productivity? This could be something like failing to create a schedule, procrastinating, getting distracted, etc.



Lesson 2: The Importance of Time Management

Welcome back! I hope that you found day one somewhat soul-searching...

By this point, you should have an idea of what your “why” is and what you hope to get out of this course. Remember, you can’t expect perfection after just a week, but you should be able to get yourself on the path toward success! If at any point you have questions or feel like you just need to vent (or anything else, really), please don’t hesitate to send me an email!

Alright, enough chatter, let’s get to today’s lesson!

4 Reasons Why Time Management is So Important

I know you probably saw this title and thought about some of the obvious reasons you need time management skills, but just because you know them doesn’t mean you always follow through. Besides, there are well over five reasons why you need to manage your time wisely, so you could easily have not thought of one or more of the reasons I’ve listed!

1. When unexpected changes come, you’ll have an easier time adjusting

Have you ever gotten to the point where you finally feel like you have control of your schedule and then WHAM, something unexpected shifts everything around and you feel like life is a jumbled mess again?

Yeah, I think we've all been there at some point.

One of the things I've learned over the years is that if you're able to develop a good time management strategy and consistently carry it out, then when any changes do happen, you have a much easier time adjusting.

2. It allows you to sign up for extra activities without feeling guilty

Who doesn't want more free time in their life?!

When you have a good grasp on time management, you find that you're more productivity during your working hours. What does that equate to? Free time to do those things that you love most!

Imagine being able to sign up for that club or intramural sport that you've been wanting to participate in, but always felt guilty about trying because you second-guessed whether you would be able to have all of your homework done.

Yes, you can have that freedom, even in college!

Personally, I used this simple idea about getting more freedom as a motivating factor to get my butt in gear. I was sick of staying cooped up in my room all the time, so I made a choice that I was going to do something different. I started writing down my daily, weekly, and monthly goals while also scheduling in my study time so that I knew exactly where my time was going. When I finally got all of this in place, I was able to sign up for intramural sand volleyball, something I was just dying to do!

Do This: Write down your goals for the day, week, and month on the attached worksheet. Now, write a few action steps for how you are going to reach those goals (i.e. If your goal is to get your homework done by Friday so that you can go out with your friends, then an action step might be “study [insert class material] for [insert amount of time needed to complete the task] each day).

3. It increases your ability to accomplish things so you are more productive

This goes hand-in-hand with #2 because without being productive with your time, you can't really enjoy those extra activities (well, maybe you can, but I bet you'd probably feel a little guilty later on if you knew you should have been studying or getting homework done instead).

Being productive is so much more than just scheduling in a study session or committing to your goals... This is the follow through and, quite honestly, the step where most people fumble (even adults).

As great as all of the technology is in our lives, it's also an incredible distraction that can make our productivity take a straight nosedive into the trash. It starts by opening Facebook with the intention of only looking at your feed for a few minutes, but then those few minutes turn into half hours, and even hours. Before you know it, the time you've scheduled to study has vanished you have nothing to show for it.

This is why it's so important to understand where your greatest weaknesses are when it comes to being productive.

Do This: Ask yourself these questions –

- What is my biggest distraction when trying to get work done?
- Is my study space calm and organized or chaotic and messy?
- Do I work better when I'm by myself or with someone who holds me accountable?

Once you've answered these questions, think about the first steps you need to do to fix that weakness. For example, if you get distracted by technology, then maybe you need to force yourself to leave your phone in your room, turn it off, or get an app that

locks your phone for a certain amount of time. Start implementing those first steps right now!

4. It brings you a sense of peace – say goodbye to that extra stress you've been feeling!

Stress sucks.

When your mind feels overwhelmed, then your body is going to follow suit. Before you know it, you're feeling extra tired, sluggish, and maybe even sick because of all the stress.

Guys, stress is a very real thing that can cause serious damage. I should know... I stressed so much that at one point I was hospitalized and had an ulcer (true story).

I had so much piling up and never took the time to address it all. Unfortunately, I was left to suffer the consequences... Talk about a hard lesson to learn!

I know that you've probably skimmed through some of the content so far because you have a lot to get to, but I want to tell you this – If you don't take the time to invest in your new time management habits, then you can't expect them to get any better. In fact, you can't expect anything to change or grow without some sort of discomfort at first.

Yes, I know I'm asking you to take some time to answer questions and fill out worksheets, but I wouldn't be asking you to do them for no reason. Trust me... After six years of college and grad school, I've learned that the first steps are some of the most important in the process. Heck, I wouldn't have gotten a 4.0 in grad school and during my last year in undergrad if it wasn't for finally figuring out what my time management weaknesses were and what goals I was really chasing.

Congrats on getting through Lesson 2!

I just want to tell you how awesome you are! I'm so excited to share some productivity myths with you in tomorrow's lesson... Until then, enjoy filling out your worksheets! Oh, and don't forget to reward yourself for doing such an amazing job.

Goals and Action Steps



DAILY GOALS AND ACTION STEPS



WEEKLY GOALS AND ACTION STEPS



MONTHLY GOALS AND ACTION STEPS

Lesson 3: Let's Bust Those Myths!

Welcome to lesson 3 of Productive Planning!

In the first two lessons, we talked about the importance of time management and where you are at in the process of being productive.

Today, we are changing things up a bit and talking about the myths that students believe about being productive.

These are things that I've heard time and time again, but I'm here to tell you that they AREN'T TRUE!

Friends, these myths are things that I used to believe and tell myself every day. In fact, I remember getting really sad at one point during my freshman year in college because I felt like nothing was going to make my situation better. I was such a good student in high school but I honestly started to believe that this whole college thing wasn't going to work for me... that I didn't have the skills to be the successful student I envisioned.

Thankfully, I broke that mindset and realized that the things I had been telling myself about being a productive student were all lies.

And that's when things started to change.

Not only did I feel better about my schedule, but I also felt less stressed, and that all resulted in me getting better grades.

Without debunking these myths in my head, I would have never gotten a 4.0 in grad school or had the opportunity to win an intramural sand volleyball championship, or participate in an on-campus step team, or become a volunteer volleyball coach.

I hope this lesson will be as much of a mind-changer for some of you as it was for me!

1. It's impossible to keep up with all the readings and studying

One of the first things I internalized was that I wasn't going to be able to keep up with all the readings and assignments that were going to be assigned to me.

I had college seniors telling me that I should just forget about trying to read all the texts because I would completely overwhelm myself to the point of self-destruction (seriously).

Being the naïve freshman that I was, I took their advice to heart and decided to not focus on the readings as much as some of the other things, like taking good notes and completing assignments on-time.

And that's where the downfall started.

Before I knew it, I was getting D's and F's on some tests that I thought I had thoroughly prepared for. These grades were such a slap in the face because I had always been a good student who got A's on a majority of her high school assignments and tests.

I started asking myself, "What do I need to do differently?"

That's when I realized that maybe the advice I had gotten wasn't true... Maybe I did have the ability to keep up with my readings and everything else.

I knew that I was going to need to schedule in some extra study time, but I was willing to do whatever it took to see a better grade on my next test.

Fast forward a few weeks – I started to see vast improvements in my grades and I STILL had time to do things I enjoyed (like dinners with friends, pick-up games of volleyball behind the dorms, etc.).

I realized that once I started believing that it was possible to get everything done, I made more of an effort to make time for it, and that led me on a journey of finding the best time management strategy for me.

It was a huge wake up call... One that I'm glad I didn't wait to find out until my junior or senior year.

In my new ecourse, [Stress-Free Scheduling](#), I discuss step-by-step how you can make your schedule work for you so that you can be super productive without all the chaos. These are the exact changes I made to not only finish my bachelor's degree program strong, but to get a 4.0 in grad school while working a full-time job, planning a move across the country, and getting ready for my wedding!

So, if you are out there believing that you can't get it all done, I hope you'll try shifting your mindset and start believing that you can make this happen... That you WILL make this happen, because you are a capable and motivated student who can accomplish anything you put your mind to.

2. You have to be willing to sacrifice more of your social life if you want to get good grades

Something I learned as I went through college was that it wasn't so much about studying more to get good grades, but studying **effectively** so that I made the most of the time I was using as my school work time.

Now, don't get me wrong, you are going to have to do a good bit of studying, but it shouldn't be to the point where you don't have

time for anything else. You should still maintain somewhat of a social life so that you don't miss out on the full college experience. Besides, you'll want to have some friend time or social activities to keep you sane!

Once I learned how to study in a way that helped me memorize and learn information better, I noticed that I didn't feel as anxious after my study sessions. In fact, I would show up to class much more confident. It even showed in the papers that I wrote!

3. Studying for long periods of time is the best way to be productive

This myth was probably the hardest of the bunch for me to let go, but once I did, I felt a sense of freedom... Almost as if I had hit the holy grail of student accomplishments.

Being the psychology person that I am, I literally refused to believe that this myth was a lie until I saw the evidence for myself.

Wouldn't you know that I did find a psychological study that debunked it right in front of my face.

One of the biggest things that stood out to me was that your brain actually processes and learns information better when you leave subject for awhile and then come back to it later, like the next day or the day after.

It's called spacing and it's something that I found super helpful while I went through school.

The theory is this: Instead of cramming for a test for five hours in one day, you spread that time out. For example, you may choose to study that subject for one hour, every other day, until the test date.

Most students find it difficult to adopt this plan (myself included) because they a) don't have good time management/scheduling skills, and b) cramming makes them feel as if they are accomplishing more and putting more information into their short-term memory bank.

The reason why this method works isn't still entirely clear, but [researchers believe](#) that it could be due to the fact that our brains can actually recall the information later on, even when the student feels as if it has been forgotten.

For example, let's say you study one hour on Tuesday and then you wait until Friday to study the same subject again. You do a quick review during your Friday session to remind yourself of what you learned on Tuesday. During that process, your brain is able to somehow remember that information because it has been stored in your memory. This retrieval of information process results in your brain actually learning the information **even more!**

It's similar to studying something before bed and then reviewing it in the morning. Even though pulling an all-nighter was tempting for me quite a few times, I decided to just do a quick refresh of information in the morning. And guess what? I felt like I knew the information better and it showed in my test scores.

Where to Go From Here

Take some time to ask yourself whether you are believing these myths. Also, think about some other myths that you may have internalized. If it helps, write them down on the left side of a sheet of paper and then write down the truth that busts those myths on the right side. Sometimes our minds just need to see the truth written in front of our faces to internalize it and believe it.

And if you're starting to feel like you want to take on this whole time management and productivity thing but need some extra direction, then [Stress-Free Scheduling](#) is for you!

Lesson 4: Let's Dig Into Your Mind

Woo! You will be halfway through Productive Planning after this lesson, so congrats on sticking around! I hope that you've started to think about some changes you can make in your life to start making managing your time a little less draining. When that happens, I know your productivity is going to start increasing and that will lead to better results in class.

Since I have a master's in psychology, I'm fascinated by the way our brain takes in information and processes it, so you're going to be getting a quick dose of that today. Don't worry... This is all stuff that is SUPER important when it comes to being more productive, so I'm literally going to cut away all the excess information that your professor would probably add on and just give you the meat of the topic so that you can start making changes now.

With that being said, let's jump into the main portion of the lesson...

Understanding Habits

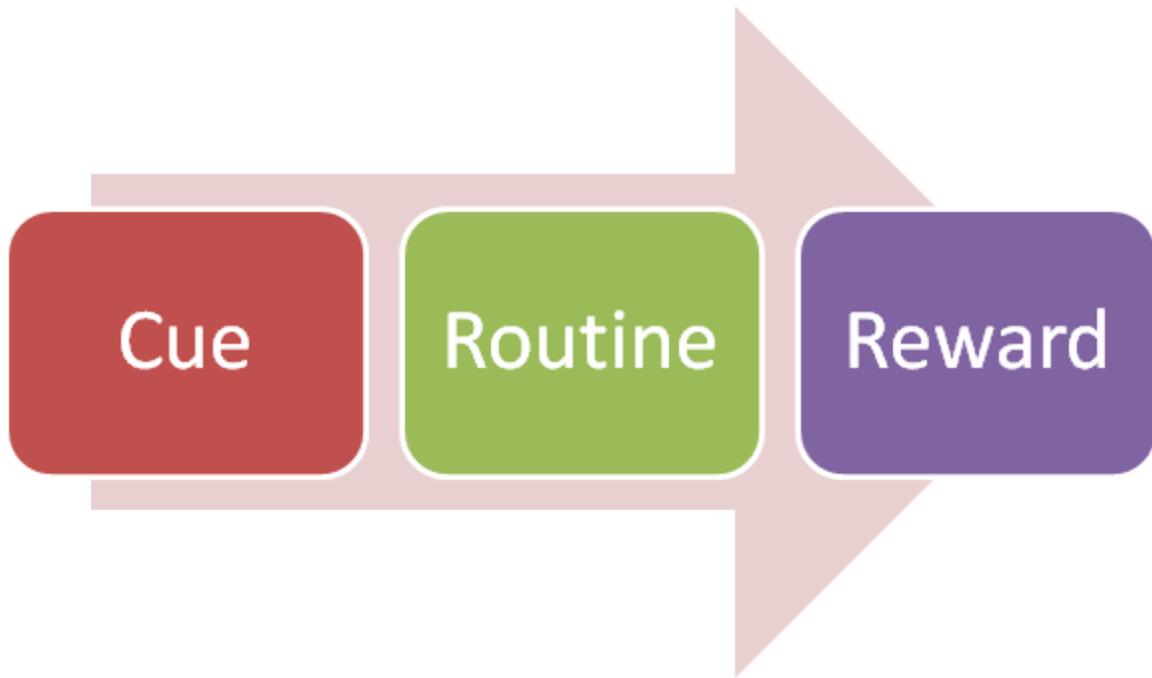
Did you know that most of your actions are sets of habits that have been programmed over time? For example, think about your morning routine... You probably do the same thing, or very close to it, every morning because you've done it so many times. This

habit begins by what's called a "cue." In this case, the cue is waking up in the morning and crawling out of bed.

Once that cue presents itself, your brain starts to go into the habits it is used to performing, called the "habit loop." For me, it means getting in the shower first thing, then doing all my hygiene activities before packing my lunch and heading out to work. This is my "routine" that is set into motion from my "cue" of crawling out of bed. My habit loop ends when I reach the "reward," which would be being fully ready for work so that I can go do my job. Then, getting in the car is another cue that begins an entirely new habit loop.

Wow, that was a lot of information in just two paragraphs.

I know... It's a lot of psychology right off the bat, so take a moment to let that process for a second. If it helps, here is a visual:



So what is the point of this whole habit loop thing?

I'm so glad you asked!

The habit loop might just be one of the most important steps to understanding why you aren't being as productive as possible. For example, let's say you are a college student who is enrolled in a class you really don't like, but you have to take for graduation. You're already walking into class with a bad attitude and your mind and body are immediately thrown into a habit loop of not wanting to do anything. Your initial reaction to getting homework or studying is to avoid it because you don't like the subject and you don't see yourself getting much of a reward from doing the work other than passing the class so you don't have to retake it.

This is where the habit loop begins to betray us.

Rather than driving us through to being productive, our brain puts us on this path of avoidance and negativity because we don't like the cue that is given to us. Since no positive habit loop has been established, we resort to the negative one of procrastination or not studying.

Altering this is a challenge and takes a lot of work.

In fact, research shows us that there are several other steps that need to fall into place after we decide to make a change in our habit loop, otherwise the whole structure risks falling apart. This process is discussed more in-depth in [Stress-Free Scheduling](#), but the goal right now is for you to accomplish step one.

So What Exactly Is Step 1?

Before you can do anything to change your habit loop, you have to start from the beginning. That's right – You need to identify your cues.

Take a moment to list out all the cues that send you into a habit loop of being unproductive. For example, you might write down having Facebook open on your computer, showing up to a course you don't like, getting assigned a paper that you don't have any

inspiration for, etc.

Once you have that list, get even more specific. Really dig deep and see if there are cues hiding within these cues. It's ok if there aren't any, but we often only look at things we see on the surface and forget that there are typically underlying issues in our thought process. For example, you may notice that when a cue presents itself at a certain time of day, you are more likely to fall into being unproductive than if it was at another time.

Your Homework

Now that you have a general understanding of the habit loop and what cues send you into bouts of being unproductive, I want you to make note of every time you feel like you are procrastinating or falling into a bad routine today. There are a few ways you can do this:

- Write down the thoughts you are having when this begins
- Identify what the trigger was for sending you into a state of being unproductive
- Simply making checkmarks every time you feel the urge to procrastinate (extra points if you write down the times this occurs)

When we come back tomorrow, I'm going to go over some of the reasons your time management strategies have failed in the past, so make sure you do your homework because this next lesson is

going to hit some of your struggles right on the head!

If you have any questions about the habit loop, feel free to email me and let me know!

Lesson 5: Where It All Went Wrong

Hi friends! I'm so glad that you're still showing up for this course. I'm sure some of you are just thinking "Good grief, when is this girl going to stop giving me work to do?"

I know homework probably isn't your favorite thing right now, especially if you have a bunch of stuff on your plate already, but I just know that you are going to start seeing some good changes in your productivity if you really take the time to apply the info from the first four lessons.

And since I know you're probably getting sick of reading emails from me, I'm going to send you over to my post - [5 Ways You're Managing Your Time Wrong in College](#) to serve as today's lesson.

And a Quick Note!

You'll notice that I've included action steps with each point I made (I promise I did this on purpose because I knew you would be more likely to do those action steps if you were in the course rather than just surfing my site). I HIGHLY encourage you to follow those action steps and start implementing them as today's homework!

Now, go get to it! I look forward to seeing you tomorrow when we

get to talk about solutions for some of your biggest productivity struggles (woohoo)!

Lesson 6: Solutions for the Problems

Welcome to lesson six everyone! Since we talked about those dreaded mistakes yesterday, we're going to talk about solutions to some of your most pressing time management and productivity problems today.

This is honestly one of my most favorite topics to write about because my world was completely turned upside down (in a good way) when I found solutions that actually worked for ME.

I was one of those people that was always researching how to get over procrastination and to be more productive with my time, but it seemed like everyone had the same advice. It was like I was hearing "he's making a list, checking it twice..." on repeat every time I opened up a new webpage.

I know some of you are probably in the same boat. You've probably felt like all those techniques that people suggest just won't (or don't) work for you because your brain doesn't operate that way. I totally get it because that was me not too long ago!

Why do you think I was so excited to get a master's in psychology?!

Not only did it help me to further my career or helping others, but

it also helped me to learn about MYSELF. Along the way, I had the opportunity to learn about brain functions and tons of new perspectives on productivity and time management that had never been brought to my attention before because they were so full of research and honestly didn't sound very good on paper.

With all of that in mind, I realized that people, especially students, were really missing out on some key concepts that could actually make a ton of difference in the way they approach their work and schedule. I thought to myself, maybe if someone just showed them how to create a schedule that was based on THEIR needs, then maybe they could feel in-control again.

Or maybe they just need a team to support them through the process of change. Honestly, there were so many ideas running through my head that I had to give myself some time to sort through it all.

Eventually, I was able to sort it all out and turn it into my course, [Stress-Free Scheduling](#). You can read more about it [here](#), but I wanted to give you a brief glimpse of the thought process behind it because a lot of the material I present in there is what helped me to achieve a 4.0 in grad school while working full-time, planning a wedding, and getting ready for a move across country.

Alright, so now that I've gotten through my own personal solution for helping solve the productivity problems out there, I also

wanted to present these other solutions that might be able to help you out with your time management struggles!

Plan Your Class Schedule Wisely

This one is difficult for college students to master right off the bat, but once you understand how class registration works, then you'll better be able to plan your schedule.

For me, I made it so that I had a break between at least one set of classes during the day so that I could study.

Since I didn't have anything else to do at that time, I pretty much forced myself to get into the habit of using that hour as a study period. It definitely paid off!

For those of you who want to be an active part of your college community, you'll want to schedule your classes so that you have time before your meetings/events so that you can eat, study, and get a little socializing in.

I've found that when you pile too many things on top of each other, you begin to very easily become overwhelmed and that doesn't make for a fun or successful college experience.

Here's an example of what I did:

Mondays I had step team meetings at 7:30 p.m., so I scheduled my classes to end by no later than 4 p.m. that day. I also tried to include a break in-between two of my classes so that I could

study during the day rather than stay up late after my step team meeting. I typically ate around 4:30 these days because I wanted to have time to go to my dorm and drop things off before heading to the dining hall. I ate for about 30 minutes, then headed back to my dorm to study for an hour to an hour and a half before getting ready to head out the door so that I could socialize with some friends before the meeting started.

I know that sometimes you will only have one class option and it may be scheduled at a time that isn't convenient for you, and that's where you have to learn to be flexible.

For these semesters, find the time where you would have originally wanted that class and use it as your study time or social time instead.

You're essentially just swapping the two activities (and thus keeping your time management practices in tact).

Wake Up Just 15 to 30 Minutes Earlier Each Day

One of the easiest solutions for every college student's time management problems is to wake up just 15 to 30 minutes earlier every morning.

I know that college students like their sleep, but sometimes you just need to force yourself to incorporate this extra time in the day so that you can get everything accomplished.

If you're more of a night owl, you could always add the minutes to the end of your day.

I just don't recommend pulling an all-nighter because your brain will definitely feel dead the next day without any sleep.

Laminate Your Notes and Study Them in the Shower

One of my peers actually introduced me to this idea and I can't believe how much it actually made sense!

Now, I'm not expecting you to do this every day because I don't blame you for wanting a nice relaxing shower every now and then, but you should definitely consider doing this if you have a big test coming up or you are struggling to memorize some important facts.

You are giving yourself 10-15 minutes (unless you're a shower hog... I'm not judging if you are) extra study time when you do this!

Find Time for School in the Your Everyday Tasks

I don't think college students realize how much more study time they can actually incorporate into their schedules.

Part of figuring out how to manage your time effectively means being creative... I'm talking using every last second that you have a free hand to pick up your notes and put your brain to work!

Confused? Here's a ton of situations where I included extra study time without losing out on another thing I had to do:

- Brushing teeth – I had my notes on the counter while I cleaned my choppers
- Waiting for the microwave – Because every second counts people!
- Sitting in class for a few minutes before the lecture started
- Drying my hair
- During commercials

Now it's your turn to think of some situations where you can take advantage of the time and add in some studying!

College Student Time Management Solutions: The First Piece of the Puzzle

I've presented a list of very easy solutions that every college student could implement to help manage their time more effectively.

The next step is up to you...

You're the one that has to put this all in place and stick to it.

I know you're feeling overwhelmed and that there's a lot on your plate, but I also know that you are fully capable of figuring it all out. Remember, it's ok to take some time for yourself and not do anything. Sometimes we need that to get our heads back on straight!

I think that's enough info for today... So excited that you are done with lesson six!!! Way to go! *High fives*

Lesson 7: Facing Obstacles

Welcome to the last (official) day of Productive Planning!

We've covered so much information! Is your head spinning yet?

If you remember back to day one, I had you write down what your "why" was for taking this course and for improving your time management skills. I want you to look back at that worksheet now.

Today's lesson is really more about self-reflection. There's not going to be any enlightening material. Instead, I'm going to ask you to honestly answer some of the questions below and spend some time thinking about all of the obstacles that are preventing you from being more productive.

Friends, I would be nowhere without self-reflection.

If I don't understand what is REALLY going on under the surface of my main thoughts, then I'm probably setting myself up for some serious failure. Sure, I may be able to trick my mind into trying and sticking to something new for a short period of time, but those actions aren't going to last if I don't scrape back the layers and really think on a deeper level.

The Questions

- When you think about time management and productivity obstacles, what are the first 3 words that come to mind?
- What resources do you have available to you right now that could help you improve your productivity? (This could be a free app on your phone, a planner, or something else entirely)
- If I asked you what emotions you would like to be experiencing in a month, what emotions would you choose?
- How often are you actually taking the time to plan out your schedule?
- Are your friends encouraging or discouraging your productivity? Provide examples.
- What environments do you know you are NOT productive in?
- What are your biggest distractions when it comes to getting work done?

You Did It!

Pardon me while I go throw you a party for completing a week-long productivity course!!! I know that not everyone would have made it through, but you did and I'm so proud of you!

Now, I know a lot of you have questions as to what the next steps are, so I wanted to include some Q&A before I send you off to be the awesome person that you are.

Oh, and if you enjoy getting emails from me and aren't signed up for the Chase the Write Dream newsletter yet, you can do so [here!](#)

FAQs

1. I want to continue learning about how I can be more productive. What do you recommend?

You can always check Chase the Write Dream for new posts, but if you really want to find a system that will work for you, while also getting support from a community (as well as me), then I would recommend signing up for [Stress-Free Scheduling](#).

2. What's all included in [Stress-Free Scheduling](#)?

I like to approach the material from a variety of ways, so I'm including written content, worksheets, and other visuals so that any learner can get something from the course. And of course, you can always reach out to me with any questions you have!

Here's what Courtney had to say about her experience with the course:

"Stress Free Scheduling isn't just a game changer, it's a LIFE CHANGER. Here I am only a week in and I've already had the most productive semester of my college career. No matter how crappy you think your time management skills are, you're not too far gone for this course to fix it. I've always been the worst procrastinator, "do semester projects the night before they're due" person. Now, thanks to SFS, my college life is set. I feel less overwhelmed with better sleep and grades than ever before. And Tori's there to help every second of the way! I'd pay double for this course than what it's priced at- seriously, you need to sign up."

3. What if I don't have the funds to get the course right now?

I've tried to make the course as affordable as possible because I know how it feels to not have a lot of money at your disposal. With that being said, I also know that investing in myself was the best thing I could have done. Sure, I had to avoid going out to eat a few weekends, but it paid off.

You'd literally only have to give up going to Starbucks for 10 days (or less) to pay for the course (It's \$37)!

Also, companies like [Ebates](#) have some awesome referral programs that will allow you to get cashback and referral bonuses. There are seriously so many ways to make money online nowadays... Go check them out!

4. I am the worst procrastinator ever. Any advice?

Start small. Rome was not built in a day, my friend. Focus on just one thing that you need to accomplish today and do that. Use those small victories to start building into larger ones. Maybe you have to start by just doing something for five minutes. After a few days of doing that consistently, move up to ten minutes, and then continue the process. You have to get those small wins under your belt!

5. What inspired you to write about being more productive and doing well in college?

I didn't have anyone showing me the college ropes when I was applying to schools and trying to figure out what in the world I wanted to do with my life. I was a great high school student and thought the transition to college would be an easy one, but I quickly realized that I was wrong. My GPA tanked and I needed to figure out a different approach to college if I wanted to stay in school.

I quickly became very passionate about finding a system that worked for me. It turns out that I actually perform much better when I have tons of things going on and feel more pressure. Who knew?!

After undergrad, I literally had no desire to go to grad school, but I changed

my mind and enrolled in a program just 1 1/2 years later. It was in that moment of balancing school, work, the website, a wedding, and so much more that I learned how it really felt to be in-control of my schedule (even though it was chaotic)... and it felt GOOD.

I learned so much throughout my college years, which is why Chase the Write Dream covers every topic that students experience (financial aid, grades, etc.).

Wrapping It Up

So there you have it, friends! I hope that you enjoyed working through Productive Planning as much as I enjoyed creating it. You all seriously make me smile. If you have any questions, please don't hesitate to email me!