

Procrastinate on Purpose: 5 Permissions to Multiply Your Time

Rory Vaden

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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
- 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.

Procrastinate on Purpose: 5 Permissions to Multiply Your Time Details


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From Reader Review Procrastinate on Purpose: 5 Permissions to Multiply Your Time for online ebook

Busy says

Neo-capitalist, fart-sniffingly elitist, and worst of all badly presented jibber jabber. Go read Larry Smith instead of this guy who spent a whole FIVE DAYS of his life writing this book. This guy who says it doesn't matter if you are competent or do what you're supposed to or do the right thing as long as you get your desired results. Guys who believe in that kind of everyone-for-themselves Darwinian business ethos make me want to puke. It's entertaining on shows like Nip/Tuck or unReal, but this guy is no comedian. That must have been why he left this book the way he is. He got his result of writing a book, but I didn't get mine: something practical and worth my time.

Maxine Schmidt says

Clear and simple ideas on how to better manage your priorities. Lots of food for thought on how best to choose the right things to do to reach your goals, whatever those goals may be. I think it's best to go into this book with a good idea of what it is you do want to accomplish in business and life. Whether your goal is making six figures or having a more peaceful home life or a combo of the two, there are for sure tips and principles you can take from this book that will help you on your journey. Love the idea of giving yourself permission to do things. I see this often in myself and team members; we don't give ourselves permission to NOT do things that don't move us towards our goals.

Erik says

This book was geared toward people who have their own businesses or who work in sales. I am not either of these, but I still found some good ideas for my own life. I suppose the phrase "Procrastinate on Purpose" is sort of catchy, but it really doesn't capture the main point of this book which is more along the lines of deliberately choosing to do those things now that will save you time in the future. One of the five "permissions" that he talks about in this book to achieve that goal is deliberately putting off doing things for which the opportune time has not yet arrived, thus procrastinating on purpose. I personally found the section on delegation to be more useful to me. So, overall it was a pretty good book.

I have to admit that the author nearly lost me early in the book by attacking the phrases "time management" and "work-life balance" by taking ridiculously literal oversimplifications of those concepts and then telling us how those phrases can lead to wrong ways of thinking. I am certain that no one (except for him apparently) thinks those phrases mean the interpretation he was attacking, and I started to worry whether someone with such a way of thinking could have anything useful to say to me. But, over the course of the rest of the book he won back my trust.

Shorel Kleinert says

This certainly is a good way to start the new year. Here's the gist: It doesn't matter how efficient you are at

getting things done or how well you prioritize. You only have a certain amount of time. What you must do is focus on those things which are significant and only you can do. The rest of the things, either eliminate, automate, delegate or "procrastinate on purpose." POP is just putting it onto a holding pattern until it reaches the right time (might I say "kairos time") to do it. What does this mean? It means giving yourself permission to ignore a task (eliminate), invest in a system that will handle the task for you (automate), be willing to settle for imperfect results by having someone else do it (delegate), or know that the task may never be completely finished and therefore isn't as urgent as you think (procrastinate). Finally, if the task gets through all those filters, it means that it is significant enough that only you can do it and it is just the right time to do it. So go with confidence, protect your time by focusing on getting that task done. BAM!

POP is about having a plan to determine which tasks to do that will multiply your time. HIGHLY RECOMMEND!

2016/1/7 Update***

Forgot to mention: Tasks assigned by the wife are exempt from the Focus Funnel and any attempt to put a wife-assigned task into the funnel will result in an actual funnel shoved over your head and you being locked outside all night to contemplate what permissions you actually have.

Dianna Booher says

Excellent book. It is definitely NOT the typical 101 ways to manage time. Vaden talks about how the "movers and shakers" think about time differently. You might consider his new book the Rich Dad, Poor Dad version of time.

Kimberly [Come Hither Books] says

To the marketing department of this book: If the contents of a book are going to be from a Christian perspective, please at least hint that in the back copy, inside blurb, or even author biography. There IS a market for productivity and business books from a religious viewpoint, but if you don't make that slant clear, you won't find them consistently. Instead, you'll miss some who *are* looking for a religious time management book, and get some who actively don't want what you're giving them.

It could be a great book, but it ended up with the wrong audience. Did not finish, at the second scripture reference.

Alicja says

It was terrible. Nothing new that would change my life anyhow. Moreover I felt like author thinks that people surrounding him are idiots, he repeated himself all the time and simply inserted the same paragraph numerous of times.

William Schram says

With a somewhat misleading title, “Procrastinate on Purpose” by Rory Vaden was successful in getting my attention. While the book is interesting and has a great title that draws a person in, I don’t know if it is intended for me. That is my initial thought on seeing the premise of the book. However, in this world, there are always going to be things that try to distract you from what you need to do and spend down your time. So I suppose it is worth a shot to read.

This book is focused on the entrepreneur or office worker who might feel as though they don’t have enough time in the week to get things done. That is the main thing that doesn’t apply to me. My job does not really put me into such a position, although it is true that I feel as though I never have enough time to complete all of my tasks and the things I would like to get done.

Mr. Vaden begins by writing about the usual way people approach “Time Management;” they attempt to either juggle their tasks or do their tasks faster. Eventually, they might reach a state that we call burnout. You feel spread too thin, like butter over too much bread. Forgive the Lord of the Rings reference, but it is quite apt. You just aren’t being chased by Ringwraiths. In any case, we all only have 168 hours a week. Once you take out time for eating and sleeping, you begin to find how much time you really have to work with.

The book is really good for telling you how to manage your time, and it does so in a somewhat innovative way. Rather than acting like a juggling hamster on a giant wheel, we can invest our time to have more time later. This is an interesting idea, and I don’t know if I have read about it before. Most people that are really effective don’t talk about how busy they are since they figure that talking just wastes time.

I liked this book, and perhaps I will check out Rory Vaden’s earlier book if I can find it at the Library.

Sarah says

I can't even express how much I loved this book! It makes me want to make better use of my time in every part of my life. I borrowed it from a friend and wish I hadn't because I'd rather have my own copy to highlight and go back to. I'll have to buy it I guess. One thing I really like is that you can tell by the undertones of the book that the author is a Christian. It's not a subject of the book, and shouldn't distract anyone who isn't a Christian from reading it, but I liked knowing that the true objective of the book was to bring more joy and peace to your life, rather being all about getting ahead. I've got little sticky notes all over my office now to remind me to do priority dilution: Eliminate, Automate, Delegate, Procrastinate (that one makes sense when you read it) -> Concentrate! Everyone with a job should read this. It is incredibly inspiring.

Michele McKay says

Really great information for anyone, especially if you want to to be successful at (direct) sales or really any career

Kimrudnick says

This was such a great book, showing how to make the best of the time you have, whether at work or in your personal life. While it did focus a great deal on business time management, there was a lot that you could

take and use in your day to day life as well. There were so many eye opening moments in this book that I truly hope I can take and use these skills daily. Rory Vaden was also the narrator of this audiobook and he did a great job, really emphasizing certain things to prove a point. I would highly recommend this book to anyone wanting to make the most of your time, which really, who isn't!?

Mason Frierson says

“You were put here on earth to do something that no one else can do. It is yours and yours alone to complete. It requires you to be your highest self and if you don't do that thing, you are going to inhibit those around you from doing theirs. As a Multiplier, it is your obligation to spend time on things today that create more opportunity for those around you tomorrow. It is to do the things that are right, not only for now, but for the future.” - Rory Vaden

I enjoyed the book overall and thought it was a worthwhile investment of my time and money, however, the writing style was my favorite.

That being said, I thought the principles in the book were well thought out and could apply to people at any level in their career and life.

It's a fairly easy read as well. If you are interested in learning about different ways to think about time management and task prioritization, I would definitely recommend the book. I have recommended it to multiple friends and colleagues.

Charmin says

Highlights:

1. POP- wait and incomplete (worrier). "Too early" has a cost. "Now" is not the right time.
2. Multipliers do it on time (advantage). Unexpected Change cost. Create margin. Significant long term impact investments.
3. Tools: Wait. Systematize. delegate. Wait until later.
4. Focus Funnel: 15 min increments
5. High Value: Date night. Eat Health. Training & Development. Sleep.
6. Farmer's focus during harvest time: “Double time part-time so you can have free time full time”
7. Procrastinate on purpose (POP): Automate time consuming mundane tasks. Patience - afford to wait.
8. Wait to last minute -- Unexpected change cost. "Yes. No. Wait" - time can be on your side to develop and be ready. Patience.
9. Concentrate on the highest value. Multiplier - delegate, outsource things make my talent. Email is challenge to prioritizing other people's needs.

Richard says

An early contender for my "read of the year".

If you think you've read every kind of book on time management and productivity, then think again as Rory Vaden's "Procrastinate on Purpose" offers a new way of looking at not only how you get things done, but what things you choose to do at all.

The book is a prequel of sorts to Vaden's best seller "Take the Stairs" and focuses on helping you understand that by eliminating, automating and delegating tasks, you are only left with things that you yourself actually need to do. You then have an important decision over whether to do that thing now, or later. While most of us believe that doing things before they are needed is optimal, the author explains why understanding when to put something off - or procrastinate on purpose (POP) - is a better choice.

The author helps you to understand the cost of opportunities, the cost of taking action and the cost of doing nothing. There are also extensive case studies of "multipliers" -- those people who understand that time spent working on an activity that will save you time tomorrow -- who have done great things with their lives.

This "system" may feel like common sense, but I was surprised at the amount I learned and how much I was inspired by the ideas presented!

Definitely recommended.

Kelly says

Unlike many Goodreads reviewers, I did not find this book different or amazing. No breakthroughs. The permission to Eliminate/Ignore was discussed in greater detail in both *The One Thing* and *Essentialism*, both books better written, more insightful and thoughtful. Ari Meisel's *Less Doing, More Living* calls it "Optimize, Automate, and Outsource" instead of "Eliminate, Automate, and Delegate." And "Defer and Do" instead of "Procrastinate and Concentrate". Different words, conceptually the same. *Less Doing* offers far more detailed suggestions and digital tools for automating and outsourcing. Another salesman turned writer, Chris Ducker, goes into yet more detail in *Virtual Freedom* on how to Delegate/Outsource. And for "Procrastinate", chapter 10 of Frank Partnoy's *Wait: the art and science of delay* offered more perceptive information. So for me, little incremental knowledge gained with this book. And way, way too many references to author's company Southerwestern Consulting, his coaching services, podcast, and his first book *Take the Stairs*, big part sales pitch, small part a building upon those lessons. Sales guys turned authors make mediocre writers (just like evangelists, engineers, or any other doer). Thinkers typically write better, pay more attention to the craft, offer more insight and depth. Includes some cute stories to illustrate a user's manual on self-management.
