

Holosync Procrastination Eliminator Suite

Instructions & Information

Welcome to the Procrastination Eliminator, a suite of Holosync audio soundtracks and other tools designed to help you overcome procrastination, build a vision for success, and clear your pathway to your goals and dreams!

(To get the most out of your Procrastination Eliminator Suite materials, be sure to read all the Instructions thoroughly.)

What's holding you back from living the life of your dreams? Is it time? Money? Health? Other people or circumstances?

All of these things can pose obstacles to our success. But most of the time, the real culprit that hinders us has nothing to do with any of these things. The real barrier to success and happiness is procrastination.

Procrastination is not really one problem but a collection of things that delay and divert us from moving toward - and achieving - our goals. When we put things off, make excuses, or lose connection to our passion and motivation, we're stuck in the muck of procrastination.

Procrastination is rooted in fear, lack of clear vision, limiting self-talk, and a lack of accountability.

Procrastination Eliminator Suite is designed specifically to address all of these challenges.

Your Procrastination Eliminator Suite materials include:

- **Three Powerful Holosync Soundtracks**
- **A Special Bonus Holosync Soundtrack**
- **A “28 Day Fast-Track to Success” Listening Plan**
- **A handy printable Success Tracker**
- **Access to our Accountability Coaches**

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How to Use Your Holosync Procrastination Eliminator Soundtracks:

There are two ways to use your Procrastination Eliminator soundtracks and other materials.

1) Listen with the Fast Track 28 Day Success Plan (Recommended!)

Breaking free from the procrastination cycle can be daunting. That's why we recommend following our easy-to-use **Fast Track 28 Day Success Plan**. This daily step-by-step plan makes it super easy to get tangible results just by following each day's instructions.

For each day, just listen to the designated Holosync soundtrack and then take the corresponding action listed on the plan schedule.

Be sure to print your "**Success Tracker**" and mark off each day as you complete it! And remember - each day gets easier and easier to complete.

For best results, watch the Getting Started Video which will guide you through the step by step process for using all your Procrastination Eliminator soundtracks in a specific sequence.

[Click here to review the Fast Track 28 Day Success Plan Schedule!](#)

2) Listen according to your schedule

You're welcome to listen to any of the Holosync soundtracks according to your schedule. You can choose one to focus on for a period of time, or listen to one or more all in the same day if you prefer.

You can stream your soundtracks from your Member Portal area or download them to your phone or other media device.

Be sure to read the complete instructions below for details on how to use each soundtrack.

Holosync Soundtrack #1

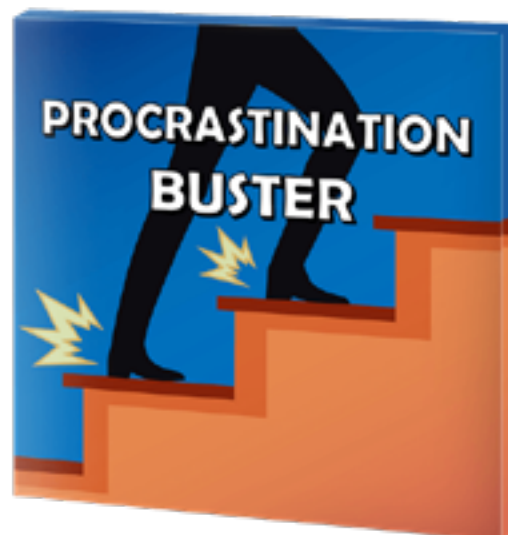
Procrastination Buster

Procrastination is like a weed, and weeds must be pulled out by the roots or they just grow back! At the root of all forms of procrastination is fear. When we procrastinate, we're letting fear sabotage our efforts to thrive and succeed. But with Procrastination Buster, you have the tool you need to uproot that fear and transform the negative internal self-talk holding you back into positive motivation and fuel to do what you've been dreaming of doing!

Procrastination Buster is a very deep and potent soundtrack using Holosync to bring your brainwaves down to a low delta state. Included are silent Autofonix affirmations to help you kick procrastination to the curb! Note that it's common for some listeners to fall asleep while listening to Procrastination Buster.

- Listen according to the Fast Track 28 Days to Success plan or once or twice per day.
- Listen with stereo headphones or earbuds.
- Listen at a comfortably low volume level (louder isn't better).
- Listen in a distraction-free environment, seated, with eyes closed.

[\[Click here for a list of affirmations included in the **Procrastination Buster** soundtrack\]](#)



Holosync Soundtrack #2

Clearing the Path

What's in the way of our success? It's not other people or external circumstances. It's our own negative internal self talk, our dependence on excuse-making, and our inability to crystalize a plan for action. In seven days, Clearing the Path can flush away those toxic thoughts and excuses, and help your mind build a solid vision for achieving your goals.

Clearing the Path is a very soothing theta-level soundtrack designed to help you envision success. This soundtrack includes a Autofonix affirmation script specially focused on helping you visualize a plan for success. This soundtrack is great for stress relief and reducing tension and anxiety.

- Listen according to the Fast Track 28 Days to Success plan or once or twice per day.
- Listen with stereo headphones or earbuds.
- Listen at a comfortably low volume level (louder isn't better).
- Listen in a distraction-free environment, seated, with eyes closed.

[\[Click here for a list of affirmations included in the **Clearing the Path** soundtrack\]](#)



Holosync Soundtrack #3

Creating Courage

It takes courage to accomplish your goals and improve your life. But you already have everything you need inside to do it! Creating Courage will help you rev up your motivation and supercharge your creativity to tackle any goal, big or small.

Creating Courage includes a very unique Holosync session featuring an ascent into the gamma brainwave range. Gamma is known to stimulate feelings of optimism and energy to help you feel unstoppable! Also included is an Autofonix affirmation script designed to replace old toxic self talk with powerful “can-do” internal dialogue. (Note that some listeners find this soundtrack very energizing so it’s ideal to listen to in the morning or in the early part of your day).

- Listen according to the Fast Track 28 Days to Success plan or once or twice per day.
- Listen with stereo headphones or earbuds.
- Listen at a comfortably low volume level (louder isn’t better).
- Listen in a distraction-free environment, seated, with eyes closed.

[\[Click here for a list of affirmations included in the **Creating Courage** soundtrack\]](#)



Holosync Soundtrack # 4

Today's the Day! (Bonus)

It's time to take action! This unique bonus soundtrack is just 15 minutes long and is designed to give you an instant boost of energy and positivity. So take a deep breath and go! You got this!

Today's the Day! includes a shallow drop into the alpha brainwave state along with a special affirmation script to help you take instant action on your goals. Today's the Day! Is presented with both a "silent" Autofonix version, and a version with the same script in an audible format. You're welcome to choose either version for any listening session.

- Listen according to the Fast Track 28 Days to Success plan or once or twice per day.
- Listen with stereo headphones or earbuds.
- Listen at a comfortably low volume level (louder isn't better).
- Listen in a distraction-free environment, seated, with eyes closed.

[\[Click here for a list of affirmations included in the **Today's the Day** soundtrack\]](#)



How to Access Your Accountability Coach

Coaching is one of the most powerful tools you can use to make big life changes.

For over 30 years, Centerpointe's professional, friendly, and personalized coaching has been instrumental in the success that our members see in their personal empowerment journey.

That's why we knew that **Procrastination Eliminator** needed a coaching element to truly be effective: an **Accountability Coach** to keep you on track.

Studies show that an Accountability Coach can greatly improve your ability to complete the tasks that you've been putting off. To give you the best chance at breaking free from procrastination for good, we've included structured one-on-one coaching sessions for Procrastination Eliminator users like you!

This is a rare and exclusive opportunity to get professional coaching support and guidance from our stellar team of Accelerated Results Coaches!

An Accountability Coach will:

- Help you get clear on your goals and plans
- Help you identify and clear-away any obstacles or limiting beliefs
- Help you build a clear vision for success
- Help you generate motivation and momentum

...all to help you succeed and achieve your goals!

If you're using the recommended Fast Track 28 Day Success Plan, simply contact our coaching team according to the schedule prompts. Or you can reach out anytime by calling:

503-672-7117 Mon-Fri 9am-4:30pm Pacific Time

Or email coaching@centerpointe.com and include **"Accountability"** in the subject line.

Some things to know about Accountability Coaching Services:

- All services are free of charge
- Most coaching sessions are between 30 to 45 minutes in length
- Our team is dedicated but small, so please be patient. If we're not able to assist you at the time of your call we'll be back in touch as soon as possible

Some Things to Remember About Holosync Listening Sessions:

- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the music or nature sounds can be enjoyed without headphones or earbuds, the Holosync neuro audio technology requires stereo separation to produce the desired effects.
- You do not need highly expensive audio gear to listen, (although the higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All tracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response it needs to at the time.
- Remember that there is a very wide range of possible benefits and effects of listening to Holosync soundtracks. While some listening sessions will provide an immediate benefit (such as relaxation or a heightened state of focus), other benefits manifest over time as your brain adapts and responds to repeated listening sessions. Be patient and enjoy the changes as they happen!

Frequently Asked Questions:

Q) “I hear a slight hum or buzz on my soundtracks”

A) That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners will detect the audible presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your hearing, what soundtrack you’re listening to, how loudly you’re listening, etc). *Again, it doesn’t matter whether or not you can consciously hear Holosync – it will still work.*

R) “Are my headphones or earbuds good enough?”

A) While some Holosync soundtracks do use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your *Procrastination Eliminator* soundtracks. Any normal stereo headphones or earbuds will work.

(Note that better quality headphones and earbuds will make your listening experience more enjoyable. Centerpointe offers an excellent pair of over-the-ear headphones as well as in-ear earbuds. Visit www.centerpointe.com for details.

S) “What if I don’t have time to listen to all these tracks?”

A) No problem. The *Procrastination Eliminator* Suite is designed to work with your schedule. Whether you decide to use only one track for a while and then move on to another, or you opt to work all of them into your daily listening schedule, that’s entirely up to you. **For optimal results, try the Fast Track 28 Day Success Plan!**

T) “Will the soundtracks work better at a louder volume?”

A) No. Listening to loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. Louder isn’t better. We recommend listening at a comfortably low volume.

Q) “I’m also doing The Holosync Solution™ program. Can I do both?”

A) Absolutely! The *Procrastination Eliminator* soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products. Just pick one time of day for your Holosync Solution session and a different time of day to listen to your *Procrastination Eliminator* soundtracks..

Q) “I need more help. Who can I talk to?”

A) Our Support & Accelerated Results Coaching Team is here to help! (See below)

If you have other questions or comments, feel free to contact our **Accelerated Results Coaches**. Our telephone support line is open from 9:00am - 4:30pm Monday - Friday, Pacific Time. **503-672-7117**. Or you can email support@centerpointe.com.

Got an exciting story or testimonial to share about using your Procrastination Eliminator Suite? We’d love to hear from you! Call or email today!

Disclaimer

All information, instructions, audio, or other media included with this product is intended for therapeutic support and educational purposes only.

This product is not offered as a substitute for professional medical or mental health care. The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness.

Procrastination Buster Affirmations

- I am unstoppable
- I take effective action
- I believe in myself
- I get things done
- I accomplish my goals
- I use my time wisely and efficiently
- I am committed to taking action
- I know exactly what I need to do
- I see my tasks through to completion
- I have endless reserves of energy
- I am motivated
- I create new opportunities all the time
- I am focused on the task at hand
- I am proactive
- I am healthy, whole, and powerful
- I am determined and focused
- I act quickly and decisively
- I love completing my tasks

- I am in charge of my future
- I calmly and diligently work toward my goals
- I attend to my responsibilities and duties
- I accomplish something each day
- I am energized by completing my tasks
- I work with enthusiasm and optimism
- I am connected to infinite potential
- I am focused on getting the results I want
- I have an endless supply of energy
- I approach every challenge with creativity and determination
- I measure my results and am constantly improving them
- I am strong and resolved
- I have immense willpower and self-discipline
- I find it easy to stay on task
- I can focus my attention on whatever I choose
- I approach all my tasks with enthusiasm and optimism
- My mind is open to new ideas and possibilities

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Clearing the Path Affirmations

- I have a crystal clear vision of my goals
- My path to success is clear
- I know exactly what I want to achieve
- I vividly imagine my desired outcomes
- I can clearly see a picture of my goals
- Everything that happens is for my higher good
- I imagine my goals in great detail
- I am a magnet for success
- Everything I want is within my reach
- I have a clear plan and vision for my life
- I am on a journey of accomplishment and success
- I derive great satisfaction from my work
- I am tenacious and powerful
- I can picture what it is I want to achieve
- I am always finding new ways to succeed
- I know how to achieve my dreams
- I see countless possibilities in my future
- I believe in myself

- I complete all my projects on time
- I visualize myself happy and successful
- I am empowered to succeed
- I achieve anything I set my mind to
- I can clearly imagine my happiness
- I forgive and release everything that is not part of my plan
- I gain energy by making progress
- I stay laser focused on my goals
- I am on the right path to success
- I make the correct decisions that lead to success
- I take all the steps necessary to succeed
- I envision a positive life experience
- I am happy and free to create the life I dream of
- I have faith in my abilities and in my dreams
- I believe I am capable of great things
- I have the courage to take any action necessary to succeed
- I have a clear and well constructed plan for success

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Creating Courage Affirmations

- I am strong and courageous
- I welcome abundance into my life
- I see the positive in every situation
- I'm filled with passion and determination
- I have all the strength and energy I need
- I am ready and excited for what comes next
- I am courageous, brave, and capable
- I have immense inner strength and determination
- I am resilient, determined, and unstoppable
- I believe in myself and my dreams
- I fearlessly take action
- I know when and how to act
- I have all the skills I need to succeed
- I am talents, smart, and capable
- I am bold and brave
- I stay true to myself and to my intentions
- I give and receive positive energy

- I attract the people and resources I need to succeed
- I greet each morning with hope and optimism
- I know I can succeed
- I find validation from within myself
- I am more than capable of great things
- I turn challenges into opportunities
- I will always find a way to succeed
- I eagerly embrace challenges
- I deserve abundance and success
- I am worthy of my dreams and goals
- I give myself the freedom to learn from mistakes
- I deserve to realize all of my dreams
- I practice self-care, eat right, and get plenty of sleep
- I trust myself to make the right choices
- I have the courage to make important decisions
- I am worthy and deserving of realizing my dreams
- All is going according to my plans
- Each new day brings new possibilities

[\[Back to Creating Courage Instructions\]](#)

Today's the Day Affirmations

- Today's the day I take action
- Today's the day I move forward
- Today's the day I complete my tasks
- Today's the day I believe in myself
- Today's the day I am filled with energy
- Today's the day I am unstoppable
- Today's the day I make smart choices
- Today's the day I release the past
- Today's the day I embrace the future
- Today's the day I act with determination
- Today's the day I clarify my vision
- Today's the day I am filled with energy
- Today's the day I trust myself
- Today's the day I attract new opportunities
- Today's the day I have unlimited motivation
- Today's the day I am true to myself

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PROCRASTINATION ELIMINATOR

Fast Track 28-Day Success Plan Tracker

Breaking free from procrastination is easy with this 28-day plan! We designed this step-by-step daily plan to eliminate the cycle of procrastination in less than one month. For each day, make sure you listen to the designated Holosync soundtrack and then take the corresponding action listed on the webpage (members.centerpointe.com/procrastination-eliminator). Be sure to print out this "Fast Track 28-Day Success Plan Tracker" and mark off each day as you complete it! And remember - each day gets easier and easier to complete.

Note: *If you have to miss a day, that's okay! Life happens. Just pick up right where you left off. For best results, do not skip more than one day.*

PB = Procrastination Buster CP = Clearing the Path CC = Creating Courage TD = Today's the Day

1 CP	2 CC	3 PB	4 CP	5 TD	6 CP	7 CC
8 PB	9 TD	10 CP	11 CC	12 TD	13 PB	14 CP
15 TD	16 PB	17 CP	18 CC	19 PB	20 TD	21 CP
22 PB	23 TD	24 CP	25 TD	26 PB	27 CP	28 CC

Congratulations! You've made incredible progress towards your major goal.

For best results, repeat the **Fast Track 28-Day Success Plan**.
Each time you do, you're guaranteed to get real results in less than one month!

Questions? Comments? Reach out to our Support Team at 503-672-7117 between 9:00 and 4:30 Pacific time, M-F, or email us at support@centerpointe.com anytime.