



Procrastination

Thab'sile Thabang Ledwaba

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This book is a real game- and life-changer if ever there was one! It is a true revelation that: Procrastination if not known, dealt with and conquered, can have serious consequences like locking your potential, loss of time and great opportunities, disempowering you, hindering your progress and prosperity in your professional and personal life. When procrastinating you fail to make a simple annual lifestyle health check which is designed as preventative and early detection measure so that any hereditary and lifestyle diseases can be maintained, contained and managed. In your personal life it can have grave consequences like stroke, diabetes, heart attack, obesity or death. Your personal habits can affect your career directly and negatively as it can lead to down time, or stoppage causing you to miss your big break that you dedicated your whole life to achieving and leading to someone else taking your place and glory. An athlete can't compete, win, break records and succeed while procrastinating as a healthy body and mind as well as determination, a great attitude, willpower and self-belief is needed. To build the nation and youth we have to pay it forward to curb procrastination #FeesMustFall. To unleash your potential: Step out of the ordinary, lead, be fearless, be innovative, take charge of your life and goals, be part of and contribute to a worthy network, find that extra mile space to be first and unique so that procrastination and no one can stop you. Break free of procrastination to reach the highest altitude ever and live a limitless life! About the Author: Ms Thabisile Ledwaba is an author, mother, entrepreneur, philanthropist, IT consultant, PR manager and ambassador to GET (Ga-Pila Education Trust) and is an inspirational speaker of note. Contacts: Thab'sile Ledwaba @thabled22 thabsy22 website: ga-pila.org | email: Thabisile@ga-pila.org

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