



Cross a few tasks off your to-do list and you'll feel more in control of your life

LEARN HOW TO QUIT procrastinating!

It's normal to have items on your to-do list that you keep putting off. But when they cause you stress and guilt, it's time to come up with solutions. Stay on task with this advice from Monica Ramirez Basco, Ph.D., the author of *The Procrastinator's Guide to Getting Things Done*.

EXCUSE "I don't know where to begin." "Who says you have to start a project with the typical first step?" says Basco. "Jump into it and make some sort of progress—you'll have a clearer idea of what else needs to get done."

EXCUSE "I have plenty of time." "A warning bell should go off in your head when you say this to yourself," she says. "Be realistic by thinking back to when you did a similar task, then carving out a comparable amount of time."

EXCUSE "I just don't feel like it." "You'll never magically want to do all of your chores," says Basco. "Psych yourself up by coming up with a reason why it's a good idea to get moving and what the benefits will be when you're done."

restaurant road test

a light steak salad straight from the tropics

THE BEACH HOUSE AT THE RITZ-CARLTON, KAPALUA MAUI

☉ "I went to Hawaii with my best friend, and I was torn at lunchtime: Should I splurge on something sinful because I'm on vacation, or stick with a healthier dish? (I *did* have to wear a swimsuit all week.) The sesame steak salad at the Beach House restaurant (1 Ritz-Carlton Drive; ritzcarlton.com) was the perfect compromise. It felt indulgent, thanks to the steak, but the papaya and Asian dressing were light enough that I still had energy for a run on the beach afterward." —CRISTINA DE OLIVEIRA, NEW YORK

online bonus! Go to shape.com/restaurantroadtest for this recipe and to find out how to nominate your favorite restaurant for this column.



The satisfying salad; the stunning dining room; the executive sous chef, Marc McDowell

download this

TUNES THAT KEEP YOU PUMPED

Having difficulty returning to your regular routine after a crazy holiday season? Let one of these tracks—each with a quick, steady beat—inspire you to ease back in. You'll get into a good rhythm and be powering through your workouts again in no time!

- ✓ "Sad Sad City"
Ghostland Observatory
(118 beats per minutes, or bpm)
- ✓ "She Loves Everyone"
Chester French (120 bpm)
- ✓ "Heads Will Roll"
The Yeah Yeah Yeahs (130 bpm)
- ✓ "Crying Lightning"
The Arctic Monkeys (110 bpm)

DIANA MILLER is the senior talent executive for *Last Call With Carson Daly*. For more music suggestions, check out Diana's blog, ilistentoeverything.com.



MIHA MATEI