

Procrastination: What's The Deal?

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Are you labeled by yourself or others as a, “procrastinator”? If so, this article is for you! Procrastinators in every organization are often condemned or viewed as lazy or sub-par performers. Don't let your habit of procrastination steal you potential! The following 5 points will help you understand procrastination and rid yourself of its burden!

Procrastination is Just a Word – Lose the label. It's not who you are, and continually referring to yourself as such will only keep you stuck! Umm hello, thinking about what you DON'T want is the best way to get what you DON'T want! You've learned to believe



the worst about your habit of procrastination, and the accompanying messages; lazy, disorganized, not good enough, incompetent, or stupid. These crapy labels can only hinder, and never will motivate you? Have they yet? Trust me, eliminating these labels and replacing them with inspiring and TRUE self-descriptions, such as energetic, highly intelligent, competent, worthy and capable will allow the procrastination habit to fall away. Sages through the ages have taught the principal, “as a man thinketh, so shall he become”. Whatever we give thought and energy to is exactly what we will become! Be intentional about what you allow into your head, shift your focus to something productive when thoughts of procrastination arise. Our thoughts are creating every

single experience, result, and emotion.

Procrastination is a Misconception – Most who are viewed as procrastinators carry other labels as well; lazy, late, unmotivated, perfectionist, controlling, or ADD. Again, none are accurate. Perfectionists may procrastinate for fear of not doing “it” right. ADDers may procrastinate because they think it won't be good enough. The bottom line, we procrastinate for specific reasons, rebellion, disinterest, unimportant, tired, etc. You have valid reasons to procrastinate, so stop beating yourself up. Just figure out why, and resolve it, systematize it or delegate it.

Procrastination is Tempting – Do you hang out with other procrastinators? Do others encourage you to put important to dos on the back burner, saying, “hey, come play, it will keep”? If so, it's time to start surrounding yourself with better examples. If you know that certain situations are just too enticing and will lure away from that which is important, from following through, or even getting started; create a system what will prevent you from distraction! Over time, procrastination becomes a habit, something we practice and get good at, so interrupting such patterns will require you to begin spending time with those who raise you up, not wallow in the mud pit with you!

Procrastination is Drama-Filled – How is procrastination serving you (and yes, it is serving you or you'd stop. Yes I'm serious!)? What is procrastination costing you? Do you have a reputation as a procrastinator? Are you continually making excuses to others? Or are you the person who believes in CYA, and blames “the other guy” for your procrastination? Do you feel isolated as a result of procrastination? How about your credit history due to paying bills late? Has your procrastination led to desperation because you might lose your job or significant relationship? Practicing procrastination is like being addicted to drama... you're not an adrenaline junkie are you???

Sometimes laying out all the ways you're *paying* for procrastinating can encourage you to seek assistance. Read a book about handling procrastination or hire a coach, you don't have to stay stuck forever!

Freedom from Procrastination – Removing the burden of procrastination and replacing it with success strategies isn't as complex as you may think.

1. First make a list of where procrastination hinders you most.
2. Next, determine what your payoffs are and decide if the payoffs are worth the pain.
3. Then, choose the procrastination habits you'd like to replace and put them in order of importance.
4. Now decide what your preferred behaviors and habits are. Think about how implementing them will promote success and calm.
5. Implement your new plan! Tackle just one behavior at a time. Otherwise you'll become overwhelmed. One powerful change at a time is all you need!

There are many actions you can take to rid yourself of the problems that accompany procrastination, but the most important piece is taking a ***first step!*** You can do it! Everyone is capable of managing procrastination better, as long as you have the right tools.

If you struggle with procrastination and would like further support, please contact Intentional Influence and set up a ***FREE*** Consultation with one of our performance experts.

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You need not struggle any longer.