

Thunder, Lightning and Couch Potatoes - Beating the Procrastination Blues

Without warning, the TV blinked, swallowed its flickering image, and I was alone in the dark, power off in the neighborhood. There had been warnings of an approaching storm, but none tore me from the latest "new release" from Blockbuster. Smiling news teams spoke with fervor... "thunderstorms" they said, "would soon march like soldiers across the viewing area. They preached 'caution' and foretold hail stones Tiger Woods could have used. Had I listened, I'd have had ample time to gather candles, batteries and food, but not me, I wasn't worried, plus the flickering lightning and growling rumbles added ambiance to the movie.

So I sat pondering, alone for a moment with my thoughts, then reached out for my trusty flashlight... "Now where is that thing?" Eyes straining, I groped in the dark, waiting for the next lightning flash to guide me. "Ahhh, there it is..., WHAT!... dead batteries... *&^%\$. There must be some candles somewhere... matches?... *&^%\$"

I wasn't prepared for 'the perfect storm', hammering my windows. Instead I was prepared to veg out in front of the TV. That in itself is no sin, but finding myself at the mercy of Mother Nature and the local power company, was. Why wasn't I ready? Sometimes, even when I know better, I can give anyone a solid run for 1st prize in procrastination.

I'd heard the quote; you probably have too, "Never put off till tomorrow what you can do today." But the venerable Thomas Jefferson doesn't live in the hectic world of today. Never mind he ran the country, organized the Louisiana Purchase, slashed spending and became an icon of history, what has he accomplished lately?

I'm not alone, there are many who have thoughts rattling through their brain, saying "it's okay, watch the TV now..., do the dishes later, or any of hundreds other things. Mow the lawn? Let me take a nap first. Do some exercise? Better have a cup of java (read two or three) first. Write an article (that's me)... let me run to the store first. Run to the store...? Gotta catch some zzzzzzs first.

It's a cycle of procrastination that some fend off and others yield to its lure. But when I'm victorious and actually accomplish a project... ahh what a feeling. I don't know for certain, however I believe endorphins are released when we accomplish a goal; it just flat out feels good.

Its spring as I write this; birds are singing, bees buzzing, flowers blooming, its time to get in gear. Spring is the time of new beginnings and with that thought, here are ten steps that have helped me to get off my... (well you know) and get the job done. And remember, I'm writing this for myself, as well as you. "Hi, I'm June and I'm a procrastinator". "Hi June!"

1. Don't be negative. Be positive. Instead of criticizing yourself and affixing mental labels; lazy for instance. Reward yourself for taking baby steps in the RIGHT direction.
2. Prioritize. This is the 21st century, we're all busy and sometimes it can be overwhelming. Put first things first and you'll find you're accomplishing more than you'd have believed.
3. Turn off the TV. Better stated, remove yourself from situations and/or people that encourage you to procrastinate. I'm not saying give up on your procrastinating brother, sister, or friend; just put YOUR life and priorities first.
4. You're part of an elite group. College degree or high school dropout, money to burn or struggling to pay the bills, almost everyone procrastinates at one time or another; it's part of the human psyche. Accept the fact you're part of the species, a species of procrastination and also of GREATNESS. Focus on the latter.
5. Ever trained a dog? If they're doing something wrong, and you plan on discipline, you MUST catch them in the act. Use the same philosophy with yourself; when you feel you're procrastinating, acknowledge the fact. Once you're aware of how your mind is working... take a deep breath and decide to finish a task, be it small or large. Remember to congratulate yourself.
6. Your subconscious is a TREMENDOUS tool. Properly trained it WILL work constantly to lead you toward success. It's a simple process to learn methods to accomplish this and well worth the effort.
7. Are you rich or poor? And I don't mean just money. Think for a moment, what is procrastination costing you? Have you alienated friends, hurt your credit rating, missed apportionments, left assignments un-finished. If so, don't beat yourself up; but do use this as motivation for improvement.

8. I don't want to side step into religion, but there was a reason Jesus sent his disciples out in pairs. Procrastination? Maybe not, but it always helps to partner with someone. Having a responsibility to someone, helps get the job done.

9. Baby Steps. If you're a veteran procrastinator, you won't make a stellar transformation overnight, take small steps. Remember "the longest journey starts with the first step".

10. You're a bright, intelligent and happy person. And if you don't feel that way now, you will as you BEGIN. That IS the key... begin. Once you begin 'walking the walk', you'll find that journey's end will get closer, and self-esteem will grow greater with each passing day.

Source: <http://www.articlecircle.com>

About the Author

June Carr believes in living life to the fullest. Her philosophy is to achieve a balance of wealth, health and success. She believe this concept and practices it daily. June's website <http://www.wealthhealthsuccess.com/> was created with this thought in mind.