

# PROCRASTINATION

Evaluate your excuses that hinder your progress.

- Are your excuses/distractions more important than your goal, or just easier?
- Is the main excuse a regular “go-to” resource for not making change? Maybe it’s time to ask yourself why you do that. Do you feel better or worse about yourself when the goal languishes?
- What if you could let old excuses go and create thoughts of success – I can do anything I set my mind to achieve! I’m worthy of reaching my goal! I can get it done!

What is your goal? (*Mine was to complete my phone app*).

---

What are the steps you will take to complete this goal? (list top 5 steps)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Which step holds me back? (*I was stuck moving my audio files to Apple and Google and deciding on a price for them*).

Which one is causing you to feel stuck?

---

Let’s break this one down to smaller actions. (*I set a goal to move one file – just one – to break the stagnation and learn the process. I moved five the next day, five the next, and accelerated the process until I could activate my app.*)

What do you need to do to achieve this step?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Keep breaking down your steps until you have achievable actions. You’ll probably find, as I did, that once you take some action – any action – towards your goal, you will break through the stalemate. It’s like breaching a wall that was holding you back so you can make real progress.

A word of caution:

Procrastination can be a pattern that works for you in a negative way. If you put off basic tasks, others in your family or workplace will likely pick up the slack – risking stress in the relationships later on. Be wary manipulating or controlling others through procrastination. In the long term, you lose a chance to build self-pride and personal integrity when others must cover for you. Common excuses/distractions I created for myself:

I need to go to the grocery store.

I have gardening to get done before it (rains, gets too hot, plants dry out).

Company is coming, so I must get ready (even if they aren't coming for days).

I'm going away for the weekend, so I'd better not start this until I get back.

I've been working hard, so it's nice to just sit and chill out.

I'm hungry/thirsty, and I don't want to eat around my computer.

The dogs need to go out.

I should check Facebook or order on Amazon what's on my mind, before I forget.

A storm is coming, so better stay off my computer until it passes.

I thought I heard something outside – better check it out.

I'm not feeling well. I think I might be coming down with something.

Feel free to add your own "go to" excuses:

---

---

---

---