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STEPS TO ELIMINATE THE PROCRASTINATION HABIT



DO YOU

ever put off important tasks but find yourself distracted with unimportant activities? Does an approaching deadline mean a crisis for you? If you often see yourself in such low productivity situations, then there is a big chance that your life is under the control of the procrastination habit.

The key to your success is your ability to recognize the reasons for procrastination and the need to promptly take control of these bad habits before they steal your opportunities, damage your career or destroy your relationships.

THERE ARE FOUR STEPS THAT YOU DO IN A SPLIT SECOND THAT MAY CAUSE YOU TO PROCRASTINATE:

- 1 You see something that needs to be done.
- 2 You say something to yourself about it—"I should do that," or "I really need to get that done."

3 You make a picture in your head of yourself doing it. For instance, you see yourself paying the bills, writing a paper, cleaning the house, etc.

4 You feel bad about it. What you have said to yourself and the picture you make in your head create the "bad" feeling.

Since all behavior is driven by emotion, when you feel bad you tend to avoid it. Your system for creating a bad feeling works great at getting you to put things off. Rather than doing the thing that causes you to feel bad, you distract yourself with any activity that will remove the pain in the short-term.

In order to create motivation, you simply have to change your focus. Say, see and feel the result rather than the action. Focus on it being done...not doing it.

Think of a simple action that you've been putting off. Start with something small like paying the bills or taking out the trash. On a scale from 1 to 10, how motivated do you feel to do it right now? Notice what you are focusing on. Do you see yourself doing the unpleasant work? Can you understand why you don't feel good about it?

Now, say something to yourself about how you will feel when it is complete. Say something like, "It will feel so good when it is finished," and say it with feeling!

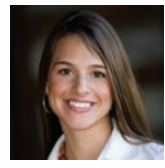
Next, make a big, bright and colorful picture in your head of the finished task. If you want, add movement and sound to the picture. The more attractive it is the more motivated you will feel.

Keep your focus on the outcome you want and ask yourself this question, "On a scale from 1 to 10, how motivated am I to have it all finished?"

Very quickly, your brain will learn to automatically develop pictures in your head of the results you want. These pictures will create the pleasure of the end result...in advance. The pleasure will cause you to act.

You can use this technique in the moment when you need to motivate yourself, but it works best if you simply spend some time conditioning your unconscious to automatically cause you to feel motivated. This can be done by simple repetition. If you spend 5-6 minutes each morning working on this for a week, you will begin to find yourself doing things you used to put off.

Once you master this, teach it to your kids. You will save them (and you) unnecessary pain from putting off school work and much more! 📚



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