

## **PROCRASTINATION: THE CAUSES...**

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*“For the things we have to learn before we can do them, we learn by doing them” – Aristotle*

### **I’ll just...**

I’ll just make sure this email’s gone, first...I’ll just make a quick coffee, first...I’ll just return that phone call to my friend/Mum/new girl in accounts with the swimming pool-blue eyes...I’ll just have another cigarette, first...Oh! Is that the time? See you tomorrow.

### **Procrastination, the curse of the nation...**

Why do we do it? Or, more accurately, why do we not do it? Why do we procrastinate? Maybe you don’t, in which case I imagine you are so successful that one of your PAs is reading this for you, and is now reaching for the delete button because he/she knows this is not relevant for you.

### **I’m busy! I can’t be a procrastinator...**

Busy doing what? Running around doing exactly what you want, when you want, in the way you want...I’ve seen pretend-busy done at expert level in every organisation I’ve ever worked in.

### **I’m as successful as I want to be...**

I’m happy...I’m not ambitious....really? Good for you. For some, yes. For most, I don’t believe you. It’s more like simply accepting your lot. Coming to terms with your situation. Things are “OK”. Your life is...“OK”. This is called complacency.

### **Fear...**

... of failure, of success. Whatever you can think of...someone’s fearful of it. Or more accurately, has failed to manage this emotion effectively.

### **I really don’t feel like it...**

Oh diddums. Get a grip! Whatever you need to do *has* to be done doesn’t it? If it’s work-related then it certainly HAS to be done. You’re getting paid for it aren’t you? My advice: Do it until you feel like it....don’t wait to you feel like it. This huge limitation keeps your future just there – in your future.

## PROCRASTINATION: THE SOLUTION...

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*"We are destined to suffer from one of two pains – the pain of discipline or the pain of regret." – Jim Rohn*

### **Blowing bubbles...**

This advice on how to overcome procrastination is for those with "normal" levels of it. If you really never start anything ever, go and see a doctor, unless you are a goldfish for whom this is normal.

### **Ok – so what to do?**

Set goals and achieve them. That's it. Dead simple.

### **Any idiot...**

...can write a goal. It's the achievement that's a bit tougher. So to increase your chances of success, make sure it's your goal, not your partner's, children's or society's.

### **The good, the bad and the ugly...**

Get motivated by going through all the good stuff that happens when you achieve your goal, and all the bad stuff avoided. Bad stuff avoided is better – we take more action to avoid pain than to get pleasure. We'll come back to bad stuff.

Be accountable – it's you that's doing it and nobody cares about your pressures, childcare, lack of money or any other externality that you have chosen to blame in order to avoid the pain of discipline. Find a way. Overcome. Avoid regret.

### **Goal-directed action – is there another kind?**

Know what your key activities are to achieve your goal and do them with maximum prejudice – anything or anyone who gets in your way will feel your wrath, unless you're sleeping with them, sired them, gave birth to them or they fit in some other extremely limited group, and even then.... remember you are the most important person in your life. That's not selfishness. It's the truth.

### **Now, the really bad stuff...**

The quote above by Jim Rohn, an American writer, puts a lump in my throat. The pain of regret. I'm not sure I can think of anything worse. The massive, self-inflicted pain of regret. Yet we procrastinate. Why? Because the pain of discipline, although small, is here, right now. Whereas the pain of regret, although massive, is in the future.

But when you feel the pain of regret it is too late to do anything about it. And I don't think I could bear that. So I'm not going to.

**This time it's personal...**

Choose a goal now. No – call it a promise. Make a promise to do something. Something you can do in one week, that you've been putting off. Decide what the first step is. Put it in your diary. Guard that time with your life and when the time comes, take the step and schedule the next step.

"I promise myself that by this time next week I will....."

**Avoid The Pain Of Regret.**

*Article by Mark Nugent*

*<http://pearlsofleadershipwisdom.blogspot.com/2009/09/procrastination-part-i-causes-of.html>*

*<http://pearlsofleadershipwisdom.blogspot.com/2009/09/this-weeks-pearl-of-leadership-wisdom.html>*