

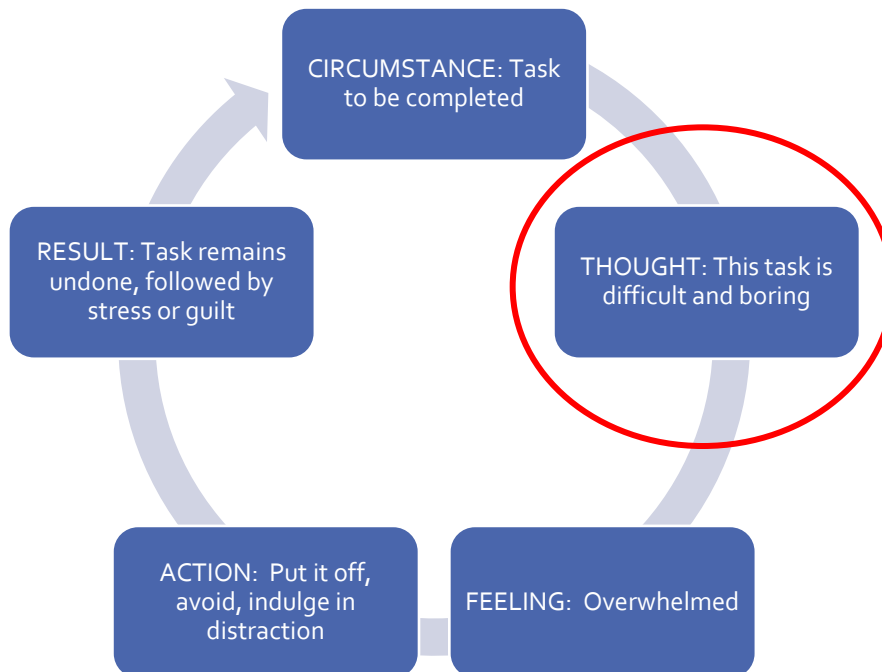
# PROCRASTINATION

## OVERCOMING THE PROCRASTINATION HABIT

### PROCRASTINATION CYCLE

Procrastination is a form of resistance.

It is due to a limiting thought that causes feelings of overwhelm, resistance, and avoidance.



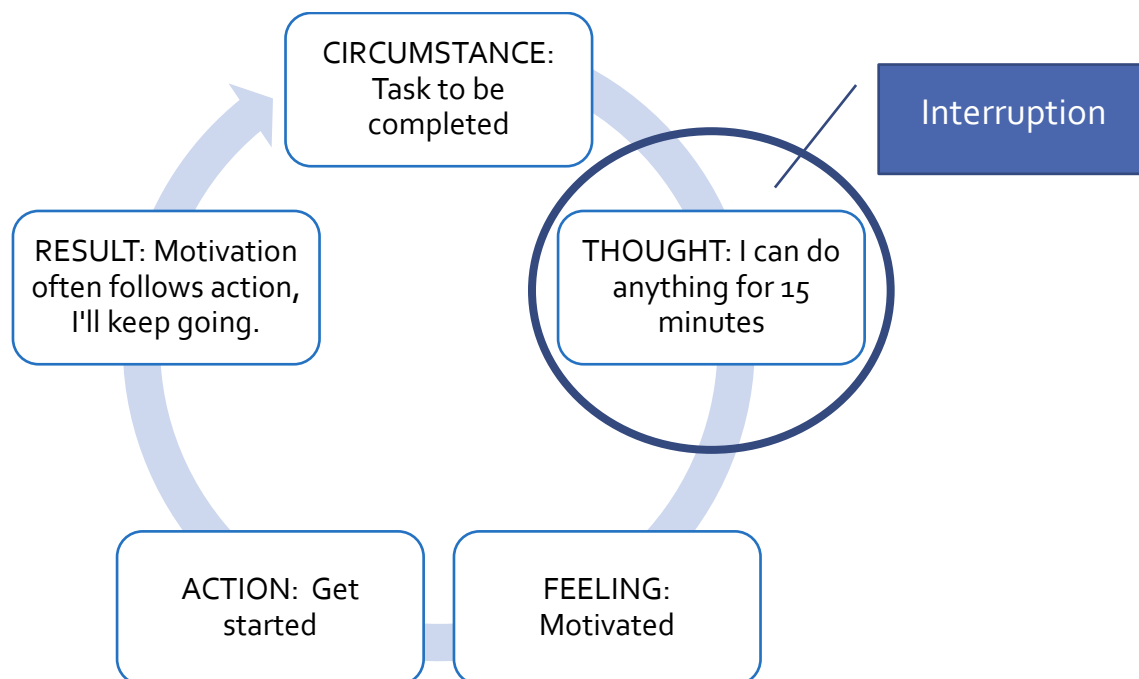
Some other examples of limiting thoughts that lead to overwhelm:

- I will have more time (to do this properly, dive in, think about it) **later**.
- I can't figure this out right now. I don't want to deal with this right now.
- I am too busy to deal with this right now.
- I'm not sure ... (what to do next, who should be doing this, etc)
- I shouldn't have to do this. Someone else should be doing this.



## INTERRUPTING THE PROCRASTINATION CYCLE

The key to interrupting the procrastination cycle is to start with the limiting thought. Choosing an empowering thought has the power to create feelings of motivation, courage, confidence, patience, or persistence without changing the circumstance. This feeling might not feel **good** (in the conventional sense) but it does spark action for you.



Some other examples of empowering thoughts that could lead to taking action:

- I only have to get it started. I only have to take the first step.
- I am the type of person who gets things done (hands things in on time, arrives early).
- I am an organized person.
- I only have to complete the first 80%.
- Stress is a waste of my time. Getting started is an effective use of my time.
- I can figure it out.
- The reasons why I **want to** do this are because...
- The definition of done (DoD) on this task is...
- Success on this task is defined as...

## QUESTIONS TO ASK YOURSELF

1. What is a feeling that sparks action for you? How likely is it for you to take action from this feeling?
2. What is the thought that creates this feeling for you?
3. On a belief scale of 1 to 10 (with 10 being highest degree of belief), how much do you believe this thought to be true for you? If not at a 10, what would it take to make it a 10 for you?
4. What is your plan for testing this thought/feeling the next time you catch yourself procrastinating?

## NEXT STEPS

In today's world, there is a lot coming at us.

The urge to procrastinate is something that we ALL experience. It is just a matter of degree.

Often, without even realizing it, procrastinating can become a habit. If you find yourself procrastinating often, without conscious thought, then you might have developed a procrastination habit.

Like any habit, with patience and persistence, the procrastination habit can be changed.

### Habit Change

Habit change is the function of the following things:

- Awareness and insight into current behavior.
- Changing self-judgment into self-compassion.
- Identification of desired behaviour.
- Making decisions in advance, rather than in the moment.
- Staying mindful.

### How a coach can help

- Guidance on the most effective habit change methods.
- Enabling mindfulness.
- Fostering the shift from reactive to proactive.
- Changing the self-judgment habit to a self-compassion habit.
- Helping you create boundaries that serve you.

Imagine if you could squash the procrastination habit? How much stress could you eliminate from your life without constantly worrying about getting it all done?

Sign up for a free coaching session at [www.FinancialWellnessCoach.ca/Coaching](http://www.FinancialWellnessCoach.ca/Coaching).