

4 Secrets to Help You Stop Procrastinating and Get More Things Done

By Gayle North

If you have been procrastinating and your life seems out of control because of it, here are some tips that can use to help you to begin to get unstuck from your procrastinating habit:

1. Begin to Notice your excuses. Excuses help us justify putting off the thing we believe we should be doing. An excuse is an explanation that works like a smoke screen. It keeps us from examining the problem in a rational way. "I'll do it Tuesday," "I'll do it now, but first I'll clean off my desk, or watch a movie, or _____, "I'm too tired," "I will get the easy stuff out of the way and then I will tackle that," "It's too hot, too boring, too early, too late, I'm too young, too old, it's too expensive, too hard, too easy," – and it goes on and on.
2. Once you know what your excuses are, say to yourself: "Even though I am using the excuse that _____ to avoid _____, I love and accept myself, especially the parts of me that don't want to do it right now and the parts of me that want to believe my excuses. I forgive all the parts of me that resist doing _____."
3. Ask yourself: "What is the underlying fear that makes me resistant to getting this done? Then say, "Even though I am afraid that _____, I love and accept myself just as I am."
4. Stop using the words should, must, have to, need to. For instance, if you have been telling yourself, "I really have to get the taxes done," change your statement to; "I really want to get the taxes done because it makes me feel so good to have them out of the way."

These steps will get you started on your way to freedom from procrastination so that you can create the success you desire in all areas of your life. If you think you might like a little help clearing the underlying causes of your procrastination, call Positive Change Institute to schedule a complimentary consultation with Gayle.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

changeiseasy@montanasky.net

www.PositiveChangeInstitute.com