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Rid Yourself of Procrastinating Ways in 2012

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Introduction

Can you afford the same procrastinating ways in 2012? Why arenâ€™t you pursuing your dreams? At some point, we have all procrastinated, not wanting to move on an action. You say, â€œNow is not the right time.â€• Yet, you take no action. People have different motivations for taking action. Taking action means taking risk. Taking risk may cause you fear. This process creates self-doubt. Self-limiting beliefs are doubts that you create about your abilities. They cause you to feel inferior. You feel like you donâ€™t deserve the best. You allow others to set your expectations. When you think like this, there is no way to win. You create negative ideas that you arenâ€™t smart enough, pretty enough, talented enough, connected enough, creative enough, or powerful enough. â€œI canâ€™tâ€• becomes yo motto. This article discusses how to overcome procrastination in 2012.

The Impending Landslide

With the current economic situation, people can afford to procrastinate on critical actions. Employment and sheer survival may be at stake. In August of 2011, America posted no job gains. This economic slump is historical since itâ€™s the first time since World War II that the economy has shown precisely zero net job creation for a month. Retail, manufacturing, information services, and construction all lost jobs. With over 15 million people unemployed in America, individuals must be internally motivated.

Most people want to accomplish something in life. A new year could spark a new beginning; however, it gives most people time to make excuses for unfulfilled dreams.

The more you repeat these self-limiting thoughts, the more you become trapped in your ways. Remember the definition of insanity: â€œdoing the same thing that you always do and expecting something different to happen.â€• Thatâ€™s a crazy way for anyone to live. Some people get caught up in this vicious circle. For example, look at the vicious cycle of New Yearâ€™s resolutions. Are you one of these procrastinators?

Yet, the economic climate speaks against such procrastinating ways. Samuel Johnson said almost two centuries ago, â€œWhen a man knows he is to be hanged in a fortnight, he concentrates his mind wonderfully.â€• You need to wake up. Procrastinators try to put off until tomorrow what they should do today. However, you can change and move in a new direction. The following suggestions are offered to overcome procrastinating habits:

1. Identify where the task is in terms of your priorities.

2. Create a motivation for taking action.

3. Develop a plan for seeing your task through.

4. Set a deadline for completion.

5. Break the activity down into smaller components.

6. Reward yourself after each task.

Conclusion

In 2012, individuals must rid themselves of negative habits that prevent their success. Therefore, a person canâ€™t wait any longer to change his or her unproductive actions. Tomorrow is not promised to you. Now is the time for action. All it takes is a little act of courage on your part. Individuals need to stop waiting and move. One speaker said, â€œThereâ€™s a fork at the end of the road. What do you do? Take one.â€• You have now approached the busy highway of life. Can you afford to slip back into the same procrastinating ways of the past? The answer should be â€˜no!â€™ Individuals can start today b ridding themselves of these procrastinating ways in 2012.

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Dr. Daryl Green provides motivation, guidance, and training for leaders at critical ages and stages of their development. He has over 20 years of management experience and has been noted and quoted by USA Today, Ebony Magazine, and Associated Press. For more information, you can go to a nuleadership.wordpress.com or a www.darylgreen.net.

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