



HOW TO END PROCRASTINATION

In my recent survey, 43.2% of the recipients listed overcoming procrastination as their biggest challenge. 43.2%! That's a huge number.

The dictionary definition of procrastination is short and sweet:

"The action of delaying or postponing something".

The reality for most creatives is usually a bit more complicated.

Or maybe it's not.

Perhaps it's just what we do when we procrastinate that creates the complications.

Stay with me here, please.

Let's say that you promise yourself on a Friday, that on Monday you're going to sit down first thing in the morning with a cup of coffee and begin to post the hundred or so photographs that have been waiting for your post production talents for several weeks now.

Monday comes around, the day is filled with promise, you grab your coffee and sit down at your computer ready to start your post- production tasks, and before you know it you find yourself on Facebook or LinkedIn.

As soon as you become conscious of what you're doing you start the age old dance of guilt. Thoughts flood in about what you should be doing, why you are not, and before you know it almost every experience you've ever had about putting things off begins to present itself to you. You become more and more depressed and find yourself back on Facebook just to distract yourself.

Now I could write an article for you about all the reasons that people procrastinate. But I don't think that would serve you.

What I'd like to share is the one simple action that I've discovered that helps myself and my clients to leave procrastination behind. That one step is to move. Physically move.

Here's what it might look like.

You've made a promise to yourself on Friday that Monday is the day you'll get started on the task you've been putting off.

Monday starts, and you sit down with your coffee, but before you know it, your favorite way to get distracted is activated.

You're lost in distraction until you're not.

The one moment that you realize that you're not doing what you promised yourself is the moment to move your body.

Smile, and give yourself some kindness and then quickly get up. Go take a walk. Do push-ups. Grab a bite to eat. Meditate for five minutes.

Physically move, and whatever you do, don't begin to tell yourself the stories of your past failures.

That's the complication.

That's the deep dive into the distraction that you have to dig yourself out of before you'll be able to get back on task.

If you see yourself going there stop it immediately, by saying "cancel that" and move your body.

Come back from your five minute break of meditation or exercise and immediately open up your computer right to the files that need to be posted and begin. Don't think about it, just start your action of doing the task you promised yourself to do!

We all need a break from time to time, we all need to move slowly into the processes and responsibilities that we don't enjoy. But what we don't need is to create stories about ourselves failing.

That's the "complication" that keeps us in the cycle of not keeping our word to ourselves. The stories we create that don't serve are as damaging as cuts

on our body. They wound us and keep us from achieving the greatness that we are here to experience.

If what I'm proposing you try sounds too simple, I simply ask that you give it a shot.

You may have to make several attempts (You are a creature of habit and it's been years that you have been living inside the stories of you not keeping your word to yourself, so it may take you a little bit of practice with this new way of being before it becomes as easy as breathing) but I guarantee if you make the effort to move your body as soon as you see any distraction happening, and give yourself five minutes to do something pleasant and come back to the action that you promised yourself that you would accomplish without going into the sidestep of negative thoughts, you'll be busting through procrastination before you know it!