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Procrastination

How To Release Mental Paralysis

Exploring The Causes And Solutions Of Why We Leave Things To The Last Minute



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Procrastination: Causes
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Why We Procrastinate?

We Delay Working Because We Fear Failing

Instead of working on meaningful tasks we sometimes delay the start due to a deep rooted fear of failure. A feeling of despair underpinned by a lack of confidence in our own ability and a lack of faith that our work will deliver the positive results we want.

Procrastinators want the task to be done, to have it behind them and not have to deal with the work involved. So the problem is in the 'doing' of the task.

Two Causes Of Procrastination - With Solutions

A problem of self - control in wanting short -term relief through distractions (e.g. talking to friends) to long term success such as starting a business. This irrational behaviour can be contained by recognising when it happens and chunking out the work into simple tasks so the work doesn't feel difficult and then impossible to succeed. Just start and take breaks every 15 minutes. That way you can make progress and still do other things.

A lack of motivation caused by a fear of failure. Failure triggered by a similar situation where you failed to achieve the positive result and now you're haunted by that memory. For example, not making that sale and therefore procrastinating on redesigning your sales strategy. A defeatist feeling of 'what's the point?' sucks your motivation. The solution is to honestly assess your sales performance, identify the shortfalls and plug the gaps through self-improvement. See setbacks as opportunities to learn.

Find The Meaning

Finding The Reasons Why We Work Fuels Our Passion To Start And Not Pause.

Finding meaning in why you do what you do is essential for you. 'Why should I start my own business?' goes to the heart of your values and passions. Many people (including me) encourage new Entrepreneurs to base what they sell on what they're passionate about creating. Why? Because when you love what you do, you'll want to do it without hesitation. People procrastinate because they're not doing what they love.

Look at what you're selling and ask yourself, is this based on what you love doing?



I 'Can't' Into I 'Can'

When you delay, deep down you know you're not ready.

A lack of confidence in your ability to complete a task triggers a fear to start work. Deep down you know you don't have the necessary skills and experience to succeed. That's okay because you're being honest. The way to boost your confidence in doing something is to study and practice. For example, hosting a webinar will lead anyone who's not experienced to procrastinate. The way around this is to practice and practice until you're ready to go live. Also, don't be too hard on yourself. A fierce self-critic sets unrealistic expectations which won't be achieved. Perfectionists tend to Procrastinate.

There's a range of reasons why we delay work, from bad experiences to a lack of self-belief.



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Linda St Mart

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