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Procrastination

“Procrastination is opportunity’s assassin.”
— Victor Kiam

When you read the title of today’s column, do you feel weary? Is there something right now that you are procrastinating on?

Often, it takes more of your energy to procrastinate than it does to do what you need to do. What happens when you procrastinate? You worry; you think about it; and you focus on what you are not doing rather than moving on. Procrastination drains you and serves no useful purpose.

Procrastination is an intentional act. Procrastination does not have to be a side effect of your busy life. You have choice regarding what you do and do not do. If you want to or are asked to do something, assess whether you can do it now. If the time is not available to you, then set a time to reconsider it and let go of it until that time. Do not leave it open-ended or you will experience the negative effects of procrastinating.

What are the negative effects of procrastinating? Here are a few.

- Procrastination creates anxiety. You are concerned with what you haven’t done.
- You miss opportunities by your delay.
- It is an energy drain each time you think about it.
- You diminish your self-esteem

because you haven’t done something.

You pay a price each time you procrastinate. You pay with your time, energy, and sense of self. Procrastination takes you away from productive endeavors. Why not set your intent to eliminate procrastination from your life? This does not mean you do every little thing without delay. It means you make choices about what you can and cannot do in a timely way.

Say, for example, you are asked to do something you would rather not do, but you feel a sense of obligation to do it. Before you say yes, assess whether your sense of obligation is stronger than your reluctance to do it. If it is, agree to do it and begin it in a timely manner, accepting the decision you have made. If it is not, decline to do it as graciously as possible.

If there is something you know is good for you to do, but for some reason you are avoiding doing it, take a look at it and address the reason you are avoiding it. Get to the bottom of it and make your choice. End your avoidance of it.

These things are not easy to do. But, when you eliminate procrastination from your life, you allow movement back in. You move from a swamp to



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a flowing river. You progress in your life. There are no positives in procrastinating.

Procrastination is a dead end. Let it be gone from your life. You will gain a sense of freedom and your life will improve.

So, are you ready to take some action? Here are two things you can do to begin eliminating procrastination from your life.

- Pick one thing you are procrastinating on and do it today. No kidding, do it now!

- Write down how you feel when you procrastinate. When those feelings arise, identify them and deal with your procrastination immediately. Choose whether you will act or not. Resolve the situation and end your procrastination.

Good luck!

Ann

HOW DO YOU FEEL WHEN YOU PROCRASTINATE?

