



Procrastination

Why is this such an issue within every different sphere of influence – whether it be business, personal or spiritual - that we just allow issues to drag on?

Why does procrastination cause us such anxiety, perplexion and dismay?

What causes such problems? Is it physical, chemical, emotional? Whatever, it is stressful, unproductive and wasteful!

Is it too much information that confuses us and leads us off into journeys that we do not need to make.

Is it the need to be right or correct? Must it be a perfect outcome?

The constant turmoil caused by the further need for information means that an opportunity has now been lost.

What are the facts? What are the risks? What are the consequences? What is our contingency?

What can be improved or cut out?

Do we need to know much more?

So why not make a decision? And execute the plan!

The benefits of removing procrastination are huge. There is a decision made and a tension resolved, and we are free to move on and experience something new.

You are free from encumbrances and can move freely. It is similar to a pleasure high.

So why stay so acclimatised to accepting this indecision and paralysis that allows us to repeatedly play Groundhog Day yet again.

When does the boredom and frequency of the boredom become ennui? The removal of change or challenge becomes an obstacle itself.

When do we just fall asleep!

When is the time to make a decision and take an action.

The time is NOW! Experience the good that comes from action.

As Nike say, "Just Do It" – make your decision, stick by it and move on.