



Procrastination

'to postpone doing something, especially as a regular practice.'

OK - so that last time you saw my monthly newsletter was in November 2009. I can cut myself a break for the holidays - but it is already March! And not only is it March, it is March 31st - the last day of my e-mail newsletter monthly billing cycle. My October / November newsletter came about because I missed October 31st. At that point I thought, well I will strive for getting it out at the beginning of the month so I am not always up against the deadline. We can all see how that worked!

So why do we procrastinate? Why do we postpone doing 'it'? What do we gain by procrastinating? Well for me there is a little more time to get nothing done! Of course, that leads to guilt and even anxiety. I get to add 'it' to endless 'to do' lists and carry it over day after week after month. I get to use my imagination creating something so big and scary it just helps me put it off even longer. I can create a false sense of productivity 'touching' 'it' multiple times even if only mentally or worse by actually starting and not finishing 'it.' I can stoke my ego and make excuses that 'it' must not be a priority or that my distractions are more critical and important than 'it.'

Alternatively, what can we get by actually choosing to do 'it'? How about peace of mind, a sense of accomplishment, simplicity, organization and clarity? Better yet, imagine greater confidence, even increased self-esteem.

How cool would that be?

OK - so how can we stop procrastinating and finally do 'it'? What if we could actually make 'it' **FUN!** The best example I can think of for me personally is running. I want to get 3-5 doses of cardio a week and running is my cardio of choice. But when it is time to go out for a run - actually put on the shoes and head out the door - sometimes I actually struggle - but only when I run alone.

When I have a running buddy - someone I have plans to meet (even at 6:30am!), I look forward to it days in advance. My whole week is set. With a running buddy, my stride is a little longer. I seem to run faster. I hold my head a little higher and actually notice nature, seeing things I might not otherwise see. Planning, being organized and accountable to make 'it' happen well ... just happen.

But most of all - I enjoy the run!

I actually enjoy writing this newsletter. It's fun when I get going and get to be a little creative. It's very fun when I think about being in contact with all of you. Even more fun is hearing when it makes a

difference for someone or when someone has a minute to reach back just to say hi and reconnect!

I was going to go on about 1) prioritization - being deliberate and intentional on what you do and what you don't do, 2) limiting distractions, 3) letting others help you by delegating, 4) creating organization and discipline perhaps by setting weekly work and personal goals and / or actually calendaring time and 5) recognizing and facing what you might be avoiding and learning to be comfortable being uncomfortable as a chance to grow.

Instead I challenge you to think of all the ways you can make 'it' FUN.

Whatever 'it' is for you. Be creative. No boundaries.

It would be super fun for me to hear your successes!

Then create the conditions to look forward to 'it.'

Game on! Go Play!

