

Are you a Procrastinator?

If you have been following my “Raise the Bar” campaign you will know these terms, Multitasking, Single Tasking, Cluster Tasking and Time Expansion. Today let’s add a word to this list Procrastination. We all do it to some degree but for some it gets out of control. Before I go any further YES, I also suffer from Procrastination and work on it every day in my professional and personal life! But some folks don’t attack it head on and for those depression, anxiety, loss of production and even career changes can happen.

What is procrastination? Simple it’s duties and task you put off and find other task and activities to fill your time. Human nature is we want to do things that are rewarding, fun and enjoyable and when faced with either an uncomfortable, unpleasant task or a boring time consuming project we bump it down our list of To Do’s.

We each need to find what works for us to overcome procrastination, one size doesn’t fit all. Some folks will reward themselves with a snack, food or drinks for finishing a task they really don’t want to do. Another way is to schedule fun activities right after completion to that really hate to do task.

I believe in the “To Do List” as an answer to organization and controlling procrastination. On my Mac I have “Notes” which syncs with my phone and tablet. I make a list of what I want to accomplish and as I finish them I have the pleasure of deleting each task from the list. If day after day the same task is showing up on your list you are procrastinating that task, do it!

Time for an honest assessment of yourself! Are you a procrastinator, more than likely yes to some degree? Next figure out why or what is causing you to be a procrastinator, certain task, dealing with certain people or uncomfortable situations. You know you are a procrastinator, you know why you are a procrastinator now let’s figure out how we can stop being a procrastinator. Please do an honest assessment of yourself and decide every day you will meet procrastinating head on so you have a much better outlook on life!

My next article/blog will be all about making and managing an effective “To Do List”, hope it helps you overcome procrastination. This is article/blog number 14 in my “Raise the Bar” campaign. If you missed any of them you can find them on my FB Timeline, my FB page Dick Betts Blogs or my website. [#raisethebar](#)