



## Thirty Day Challenge 2009 – Mindset – Day 01

### 2009KM01: Beating Procrastination

Running Time: 3mins



### Intro

Hello, this is Karl Moore and welcome to another video on the human mindset as part of the Thirty Day Challenge.

Today I'd like to discuss the subject of procrastination with you and how you can overcome it in your life.

### Beating Procrastination

We've all experienced procrastination at times, it's that feeling where we just feel a bit stuck like we maybe can't move forward with whatever it is that we're doing. There are a few reasons that procrastination comes about, and one of the main reasons is fear. We fear failure. We fear success, ironically. We fear what other people may think. So by breaking through those fears we find that we loosen up a little more and we're able to move beyond procrastination.

So how can you break through that fear? Well, the first step is to let go of your worries, to literally look at your thoughts and to analyse why you may think that you are fearful of success or failure or whatever it may be. Whatever you're doing, look at it, ask yourself why are you afraid, realise it's just

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there is no charge for awesomeness



a limiting thought and let go of it. Another technique is to stop feeling sorry for yourself. Sometimes we stop ourselves from moving forward because we're feeling sorry for ourself. Stop it and move on! Another reason is because we feel the job is too big. It's just too big a mountain to climb - and that's not true. If we break a long journey, a big goal, down into many smaller steps it suddenly becomes much more accomplishable. And of course, ask yourself this question: If not now, when?

Another reason that people fail to move forward - they get stuck in procrastination - is because they get focussed on things which aren't important. They don't feel they can move forward because it's a very big job and they are focussing on the details which may not be important. So step two, really, is to understand that you should only be doing what is important. If it's not important, throw it out of the way. It doesn't even need to be on your "to be procrastinated" list. And step number three is to really find some time to make a "to do" list, to prioritise your "to do" list, to turn off the TV for a month. Whatever it is, whatever goals you wish to achieve you've got to find time to do them.

So, those are a few tips for getting rid of procrastination. Tip number one, is to get rid of your fears. Tip number two, is to be sure that what you are procrastinating over actually needs to be done and tip number three is to make time and just do it.

That's all for now. Good luck with the rest of the Thirty Day Challenge. I'll see you again on another of these videos really soon. This has been Karl Moore. Bye for now.

## Summary:

- Tip 1: Get rid of your fears
- Tip 2: Only worry about what is really important
- Tip 3: Make time for the task (and just do it)

## Links:

Karl's Blog: <http://karlblog.com/>