

Session 2

Procrastination

"If you do what you always did, you will get what you always got." - Anonymous

Procrastination is the action of delaying or postponing something. Can you remember the last thing you postponed? Was it an event with friends, or a date with your significant other? Was it a trip to the store? Was it a paper for school, or a project for work? Whatever it was, can you remember why you postponed that specific thing, or event?

Here's WHY we often postpone something:

1. We don't know what **success** looks like for us.
2. We don't want to put the **effort** into whatever it is we're supposed to be doing so we can succeed.
3. We don't have the **drive** to want to put the effort into whatever it is we're supposed to be doing so we can succeed.
4. We don't see a **reason** to have the drive to want to put the effort into whatever it is we're supposed to be doing so we can succeed.

REASON – there needs to be a reason you want to do something

DRIVE – there needs to be something driving you to do something for a reason

EFFORT – there needs to be a conscious effort put into something, to fuel the drive

SUCCESS – there needs to be something for you to ultimately accomplish

See, it all fits together like a glove. Let me break it down a little easier for you:

I have a **REASON** to get up in the morning (my family depends on me to wake them, make their lunches, keep them on schedule, and get them out the door on time). **It's all about moving forward!** My **DRIVE** (what's pushing me to move forward) is to see my husband off to work, get my kids to school on time, and to start my workday energized. **It's all about goal setting!**

The **EFFORT** I put in is all on me. Do I want to move forward? Do I want to hit my goals? Yes! So, I put in all my effort, all my determination, all my physical and/or mental exertion to get my tasks done. Why? Because I want to **SUCCEED**, and I want to see my family succeed. Success for me is going to bed at night knowing I put in the work, hit all my goals, moved forward, helped my family move forward, and accomplished everything I set out to that day.

Now let's break down how you can stop procrastinating. Let's start on a simpler scale. Finish this paragraph. Spend a decent amount of time on this. This is important.

Motivate Yourself Now (self-motivation course)

I want to succeed at _____. The way to do this is to put in the effort of _____. _____ is going to push me forward, to give me the drive I need to put in the effort to stay on track. The reason for pushing so hard is because _____.

EXERCISE

You can use WORKSHEET 1 as many times as you want, for as many tasks or projects as you want. Use it over and over again!! Print it out and tape it to the wall, stick it on the fridge, pin it to the corkboard. Reading it over and over again, and seeing it in multiple places, will help you remain focused and keep you on your path.

Don't be afraid of making a mistake when you fill this out. There is no right or wrong here. It's YOUR affirmation! It belongs to YOU. It's for YOU to memorize, for YOU to follow, and for YOU to keep yourself motivated.

Let me finish the above paragraph for you (as an example to help you):

I want to succeed at finishing writing this course. The way to do this is to put in the effort of setting a few hours a week aside to only focus on this course. Knowing I have a deadline that is only 2 weeks away is going to push me forward, to give me the drive I need to put in the effort to stay on track. The reason for pushing so hard is because I want to finish on time since I've been telling people about this program, and they are depending on me to get it to them by a certain date.

Suggestion #1: Use your "where you want to BE" list from Session 1 as goals when filling out this paragraph.

Suggestion #2: Use your "where you ARE now" list from Session 1 as inspiration when filling out this paragraph.

EXERCISE

If you're looking for an extra push when it comes to getting things done, use WORKSHEET 2. You will need to answer some very simple questions to help you review your motivation. Then you'll learn how to use your 5 senses to boost your motivation and enjoyment.

Happy Motivating!

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