



CULTIVATING THE SEEDS OF CHANGE © Renée Canali, Life Coach Vol.1, Issue 10 October 2004

Have you noticed that the sun is spending less time shining each day? Have you realized that the trees are shedding their leaves? Do you feel a change in the air? Time continues to move on whether or not we are paying attention or keeping pace. With less than 3 months left in the year, do you know what you still want to accomplish? What task would give you the most pleasure if you were to complete it? What activities would you enjoy the most? This time of year we experience more demands on our time, especially during the upcoming holiday season.

As you reflect on this past year, what would you regret not having done? Would it be spending more time listening fully to your children, spouse or significant other? Maybe you didn't budget for holiday gifts and activities? Have you asked for the promotion you deserve or applied for that new job you yearn for?

Identify something that you would really regret not accomplishing by the end of the year because of the pleasure you would miss out on or the benefits you would enjoy.

What can you do *today* to step toward accomplishing one of those things?

Not what could you **plan** to do, but what could you actually **do**? *Today. Now.*

What would prevent you from accomplishing one step towards wiping out the impending regret? Time, money, overwhelm? What about *procrastination*? How often do you get in your own way when trying to accomplish something meaningful to you?

Procrastination is one of the most common and deadliest of diseases and its toll on success and happiness is heavy. Wayne Dyer (author of [The Power of Intention](#))

Procrastination is the art of putting off doing something out of habitual carelessness or laziness. It is avoidance of accomplishment, hard work, success, action, responsibility, and discipline. That is not to say that you cannot or will not accomplish anything if you are a procrastinator. It does say that if you procrastinate, you will not be as successful, fulfilled or as accomplished as you have the potential to be.

Procrastination is one of the biggest time and energy users. We can spend more time thinking of excuses about why we should delay taking action than it takes to actually accomplish one step toward a project, goal, activity or desire.

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GARDENER'S ACTION PLAN FOR OCTOBER 2004©

Chipping Away at Procrastination

Ask yourself the following questions:

- What activities do you look forward to in the coming months?
- What is one thing you really want to accomplish before year's end?
- Which one area of your life do you want to concentrate your time in: family and friends, health, job/career, money, physical surroundings, fun and recreation, personal growth or romance/ significant other?

Take a moment and reflect on your answers. Then ask yourself, "Do I feel that I *have to* get this done?" If so, is it because you are passionate about it or is it because you don't want to face ridicule or judgment (yours or someone else's)?

Next, decide what you truly want to tackle. Start with one thing, such as saving for the holidays (no-it's not too late!). Take one step today towards that goal. Put the equivalent of your coupons savings at the grocery store into a jar. If you saved \$6.50 in coupons, take that amount and earmark it for your goal.

Now, take another step towards your holiday savings. Make a sandwich and desert for tomorrow's lunch. Take it with you and enjoy eating it with a co-worker or while reading a book. Put the money you would have spent on lunch into your savings jar. When you find a dollar in your pants pocket or a quarter in the laundry, put them in the jar. This exercise will support you in taking a step every day towards your goal.

Here's another example:

Let's say you have wanted to change jobs for a long time. You enjoy your current job, you like the company, but you want something different. Start today by writing down some jobs you'd like to investigate. Tomorrow, do a web search to see who may be hiring for those jobs in your area. Next, call one of them and explain that you are interested in pursuing a job in that arena and ask if you can gather some information about the job, its requirements and the possibilities for growth.

The point is to focus on doing something every day that will move you toward your goal. Some activities will take a few minutes and some may take several hours. Break these down to manageable steps, **but take action each and every day.**

When you feel the *procrastination bug* eating up your resolve, spray a few doses of "this is important to me because..." and "I do not want to regret not getting this done".

Remind yourself "*Waiting is a trap. There will always be reasons to wait. The truth is, there are only two things in life, reasons and results, and reasons simply don't count.* Dr. Robert Anthony

If you are interested in joining a coaching group to support you in defeating the procrastination bug, or to experience an individual coaching session at no charge, send an email to Renee@landofpossibility.com or call 866-337-2728. All rights reserved. May be reproduced with copyright statement and credits intact.