

COACHING FOR LEVERAGE *My Procrastination List*

A very common method to defeat procrastination is to create a To Do List. The method of ticking boxes to help you track your progress helps many people.

However, what if that doesn't work for you? You have to be motivated to get things done and if you are a real procrastinator, how can you get started on making your To Do List?

If you are struggling with this, I advise a paradigm shift. Let's look at procrastination from a different point of view.

Instead of the usual To Do List, we are going to create a Procrastination List. for this we need to focus on 3 very important questions;

1. What am I procrastinating over?
2. What will occur as a result of my procrastination? (Can be good or bad)
3. What can I do to get this done?

What am I procrastinating over?

In coaching, it is very important to address the issues you are faced with. You have to be completely honest with yourself because if you are not, you will not deal with your real pressing issues. Think about what you are not doing and the possible reasons why you are not doing this.

What will occur as a result of my procrastination?

Whatever you want to achieve cannot be done if you are procrastinating over the processes you need to do. You have to realise that your dreams will occur because of the actions you take. This is also true for the lack of opportunities in your life. If you don't make the effort then you will not create the opportunities.

What can I do to get this done?

This will now be your usual To Do List mentioned earlier. However, this is now different because you have addressed the issue of procrastination. You will have realised the importance of the tasks you need to complete. You will realise the purpose of your actions!

What am I procrastinating over?	What will occur as a result of my procrastination?	What can I do to get this done?