

Why Do We Procrastinate?

There will never be a perfect time to do anything because the best time is always now.

No matter how much we tell ourselves not to procrastinate, it seems the longer and more complicated our tasks become, the more tempting it is to put them off. Why do we procrastinate? Some of the most common reasons for procrastinating are lack of motivation, fear of failure, fear of success, and stress. It's important to figure out which reason you're struggling so you can take the necessary steps to overcome it.

There's a number of reasons why we procrastinate. The number one reason, according to psychologists, why we procrastinate is because of self-criticism.

Do you ever feel like you're your own worst enemy? We all have those moments when we feel like we are not good enough and the world is passing us by. But what if you found out that your self-criticism was stopping you from reaching your goals?

Some thoughts that trigger stalling/avoiding

'I won't be good enough,' that, 'I'm not smart enough,' that, 'I'm not capable, so why should I even bother if this isn't going to work out for me?' And there's a lot of extraordinary pressure with that.

Procrastination can be hard to deal with, but instead of letting the fear and anxiety take over, why not face the problem and get things done?

The 3 Types of Procrastination

It's amazing how many people procrastinate even when they know it will affect them negatively. But in reality, there are three types of procrastination: classic procrastination, creative avoidance, and priority dilution.

It can be difficult to pinpoint what type you're experiencing because sometimes the different types of procrastination are mixed together. However, the key is to identify which types you're struggling with, and then find a solution that works for you!

Classic Procrastination

We've been there. We've all had times when we procrastinated on some tasks, delaying them when we should have done them earlier. As a result, we've ended up doing more tasks due to the backlog and the consequences of the delay.

There's three types of procrastination. ... The classic procrastination is consciously delaying what we know we should be doing. So, if I have some bills on the counter, I

know that I should pay them, but I'm tired and I'm exhausted. So, rather than paying the bills, I'm gonna do something more relaxing. You tell yourself it's ok but feel slightly anxious that you let yourself down.

Delaying what you know you need to do and doing something else, instead is a good example of classic procrastination.

Creative Avoidance

When you become more creative at blocking your own progress by finding every possible way to keep yourself from taking action, that's creative avoidance.

Creative avoidance is different, and this is something that people unknowingly do. Creative avoidance is subconsciously creating things for yourself to do as a means of feeling productive, but really it's a deflection for avoiding doing the things you know you should be doing even when you don't feel like doing it.

Instead of doing what you should do to make progress, you keep busy on tasks that are not relevant. You may have a feeling of accomplishment, but in the end, you have made no progress on what matters most. This is what separates great achievers from mediocre performers.

Priority Dilution

The third type is quite different from the classic procrastination and creative avoidance because it is not about being lazy or making up other tasks when you should be doing what matters most.

The third type of procrastination is called priority dilution, and this is fascinating, ... priority dilution is the chronic overachiever's form of procrastination.

What's different about it is, unlike the first two, priority dilution is not about being lazy or disengaged or distracted, but it is the same net result of the first two, which is you leave the office or you end your day with your most significant priorities incomplete, not because you're lazy, but because you allowed your attention to shift to less significant but perhaps more urgent tasks.

You might think you're being productive, but just because you are busy doesn't mean that's the case. In actuality, your procrastination is much more subtle.

In priority dilution, it looks like you have a lot of things to do and plenty of time for them all until suddenly they pile up and overwhelm you with their importance. What was "miscellaneous" becomes urgent.

Understanding procrastination is very important to learning about yourself and making small corrections along the way. There are many mindset shifts and practices you can implement to stop procrastinating, how to rewire your brain to become an ultra-performer in your life, what happens when your focus is spread thin, and so much more.

MINDSET SHIFTS:

Think about the things you could do right now on a daily basis that your future self will thank you for.

What is that thing you've got to do consistently that will take time to get results, but in six months or a year or two, you'll be thanking yourself for constantly showing up for your future?

Think about that for yourself, and start implementing your ideas on a daily basis. Your future self will constantly be thanking you for showing up for yourself today.

SOME QUESTIONS TO ASK: (I have many more:)

When I want to take action and freeze what is going on in my current situation that holds me back?

How does my brain work against me?

If procrastination is the enemy, what's the solution?

If you have a lot of different ideas, how can you know which to choose / why should you choose ONE?

YOU WILL LEARN: (Just a start)

To identify triggers that lead to stalling/avoiding.

Is the trigger fear based, the unknown, a story you've told yourself?

The mindset shifts and practices to stop procrastinating.

How to rewire your brain to become an ultra-performer in your life.

Why you should focus on one thing right now and what happens when you just start.