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Procrastination

We have looked at procrastination previously and the connection to resistance to change.
To understand what you are putting off or procrastinating about you need to explore the reasons that you are not doing!

Exercise:

What are you currently procrastinating about?

Why do you believe you are procrastinating with it?

What is the PAIN you are avoiding by NOT DOING IT?

This strategy has negative side effects.

What is the PAIN you are (or will be) experiencing by procrastinating?

What is the PAIN you will experience if you NEVER DO IT?

There are major benefits to STOPPING procrastination.

What is the PLEASURE you will experience when you DO IT?

What is the PLEASURE you would experience if you DID IT NOW and stopped procrastinating?

