



Life vs. procrastination

Procrastination is the grave where your dreams, aspirations, and hopes lie. Is that where you want your dreams to end up? Buried? Aborted? Each time we put off doing what we wish to accomplish, each time we procrastinate, we bury our dreams.

Why do we procrastinate? Here are some reasons why:

- One reason is **an incorrect way of viewing life**, a false perspective. We not only create the words we use, but later allow those words to create our perspective. Take the word "work," for example. Its connotation is negative. We don't think of it as a gift, but as punishment. It is something unpleasant and to be avoided. Therefore, we put off doing it. Although we may talk about "going to work," can you imagine Picasso, Michelangelo, or Mozart saying the same thing? They may have spoken about creating art, but never of working. How can doing what you love be considered work? If we realize that we are artists and the work we do is the medium we use to create our masterpiece, we too can come to love what we do.
- Another major reason for procrastination is **the feeling of being overwhelmed**. The task just seems to be too much to handle. But if we remember that a thousand-mile trek begins with a single step, we will have the courage to begin. So, regardless how big your dream may be, if you break it down into small tasks, you will be able to accomplish it, one step at a time.
- **Fear of failure** is another reason why people procrastinate. For instance, suppose someone dreams of writing a book. As long as they plan to write it "someday" in the future, they can brag about it. But what if they start and finish the project, and there are no buyers? Ugh! They'll be a failure! Or will they be? How can they be a failure if they learn something from their mistake? Don't let fear stop you. To fight fear, act. To increase fear -- wait, put it off, postpone.
- **Human nature** also plays a role in procrastination, for we naturally avoid pain and are drawn to pleasure. So if we view our chore as a pain in the neck and watching TV as a pleasure, we will likely postpone the chore and watch TV instead. Thus, we need to change our perspectives and our associations.

Let's not be like most people who sit around waiting for their ship to come in, only to discover it is a hardship. And, allow me to be a little sarcastic about the topic (as I believe that this is a very serious topic) and say that if you still have problems with getting things done now, you may want to consider joining Procrastinators Anonymous - they've been around for years, but have never gotten around to having a meeting!

