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Procrastination Emancipation

By Deborah Carraro

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It's early January as I sit down to research and write this newsletter. I launch my web browser, surf over to MSN.com, surprised to find the feature article displaying a picture of Santa Claus with the caption "It's not too late to have your presents arrive on time." Somebody's been procrastinating – either Bill Gates or me (maybe I didn't refresh my browser). Or maybe my computer is trying to give me the hint to stop procrastinating and set about the task of writing this newsletter. Nah... Bill Gates must be the guilty one!

When it comes to procrastination, most of us are quick to acknowledge the problem and are s...l...o...w... to do something about it. I surf over to dictionary.com and look up the definition of procrastination, hoping it means something other than I'm lazy.

pro·cras·ti·nate:

v. intr.

To put off doing something, especially out of habitual carelessness or laziness.

v. tr.

To postpone or delay needlessly.

Hmmm... this is getting serious. I better stop shillyshallying and get some help. Didn't realize I was delaying needlessly.

Off I go in search of solutions to my problems. It doesn't matter that it's now lunch time – no point in delaying. Ignoring my grumbling stomach, I search relentlessly for the magic pill to make me stop procrastinating. You see, this isn't the first time I've procrastinated but I'm hoping it will be the last.

Three hours later, I'm a procrastination expert. My eyes are blurry, my head is spinning but I'm committed to a ten step program to stop procrastinating. I have been freed from oppression – I have broken the bonds and liberated myself from the control of procrastination.

Procrastination Emancipation

I stand proudly at my desk and declare my Emancipation from Procrastination, freeing myself from the bonds of laziness.

I have a dream, that one day my habitual procrastination, as noted by my mother – whose voice comes back to haunt me with labels such as disorganized, scattered and lazy – will be transformed into an empowering situation where the endless to do lists and procrastination temptations will be forever banished to the annals of accomplishment. I have a dream today where I recognize that I walk not alone on this path to procrastination but am in fact in excellent company (see Bill Gates above).

This will be the day when I sing "My list, 'tis of thee, endless list that plagues me, of thee I sing. List of tasks I don't like to do, list of thorns in my side, from every desktop, let the work begin."

And if I'm to change the pattern of procrastination. this must become true.

After hours of research, I've finally understood that one of the big reasons I've been procrastinating is that I'm focusing only on finishing. So I'll begin to concentrate on starting. All I need to do is keep starting, and the finishing will take care of itself. Which brings me to another thing my mother used to say... but I think I'll leave that thought unfinished.

Energized and ready to tackle the daunting task of writing this month's newsletter, I'm excited to have broken free from the shackles of procrastination that bound me.

Free at last! free at last!... now if only I could find my pen.

Maybe I'll do this tomorrow....

Deborah Carraro is an Associate of Virtual Bookkeeping™. Virtual Bookkeeping™ operates as an independent contractor providing accounting services to your company. You will not have to engage a bookkeeping employee, pay benefits or withhold taxes. Everything is completed online for your convenience. Our services are flexible and can be tailored to meet the specific needs and budget of your company. Please visit us at <http://www.virtualbookkeeping.ca>

Depression and Procrastination: Twins In the Job Search

By Marilyn J. Tellez, M.A.

Let me examine these two mental states. My definition of procrastination is that a person delays and delays actions that are required by a job or actions necessary to accomplish something in every day life.

Depression is a mental state that "almost freezes" a person into no action at all.

While procrastination can be overcome by a change of behavior and attitude, depression has its core issues of lassitude, feelings of hopelessness, anger and of giving up.

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What do the two have in common? I think that procrastination is often a temporary trait, but depression is something that will takes lots of time and energy to overcome. Both lead to a lack of action.

It is action, however, that has to take place for a job seeker to have success. Observing personal procrastination takes time to overcome. Overcoming depression, if it is long-term may take the intervention of either a professional and or drugs.

Both mental places have the effect of "dampening down" the actions of the job seeker. Elimination of both of these negative states of mind, has to take place for a job seeker to be minally effective.

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