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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Top 7 Ways to Stop Procrastinating Now

By Julie Jordan Scott

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We have all experienced it. Putting things off, not doing what we believe needs to get done. Finally, we commit to the process and leap into getting our "stuff" done, and we are amazed at both how simple AND how energizing it was to complete all our tasks.

This Top 10 list keep you in action and out of procrastination. So what's stopping you? Nothing except you. Don't just stand there! Do something!

1. Be Vision Directed in the tasks before you. If your tasks do not match your values or purpose, naturally your heart will not desire to check that particular task off your list. Bring your task into congruence or take it OFF the list.
2. Begin and end each day with a solid foundation. Before you end your day, spend five to ten minutes reviewing your day. Take a moment to craft a plan for the next day. When you begin the following day, spend five or ten minutes reviewing your plan and revise as necessary. Also, be sure to spend some foundational time either in quiet contemplation or reading inspirational or motivational material.
3. Release yourself from perfectionism. One of the biggest challenges is believing everything has to be just so.....and therefore we don't do anything if we can't be guaranteed perfection. Either/Or thinking such as this is guaranteed to lead to stagnation. Practice saying, "Oh, well!" After all, what

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is the absolute worst thing that would happen from taking action?

4. Dream big while creating it one step at a time. With each step you get closer to the dream. With no steps at all: being stuck in procrastination, you will NEVER get there. Break your "to-do's" into smaller, non-intimidating chunks.

5. Balance planning and creating or doing. Keep your basic plan simple so you do not spend so much time planning what you want to do that you never get to do what you want to do. If you find yourself leaning into the frenetic planning place stop, take a break, and do a reality check. What is up with using planning as another

method of procrastination? What is underneath the over-planning? Are you vision directed? Is there congruency in your plan and your purpose? Are you expressing YOUR gifts as a part of your vision, or is there an overwhelming sense of "shoulds" on your list?

6. Delegate those tasks which are not invigorating to you. Either barter them, hire someone to do them, or make a request of a friend or colleague to assist in exchange for your assistance somewhere else. In this way, you will be able to check something off your list. It WILL invigorate you.

7. Join with a friend or a colleague to be an accountability partner. Schedule a regular time to check in either daily or weekly. Create momentum and watch as both your business and your dreams flourish right before your eyes!

Julie Jordan Scott is a Certified Life Purpose Coach who works with action-oriented, creative people who are ready to live each moment with passion. Dare to Discover Your Passion, Decide to live YOUR Destiny by subscribing to Julie's daily ezine by sending an email now to: <mailto:DiscoverYourPassion-subscribe@egroups.com> or visit her website at <http://www.5passions.com>

7 Reasons To Stop Procrastinating Today

By Caroline Jalango

Procrastination is a delay tactic that has the ability to choke your dreams and abort the plans and purposes you have for your life.

It has to be nipped in the bud. It should not be given a chance to put your life and your dreams on hold.

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The following are 7 benefits of not procrastinating.

Not procrastinating will afford you an opportunity to:

1. Find out what you can do.

If you want to find out what you can do and how far you can go...stop procrastinating! When you don't procrastinate, you get a chance to be the best you can be. You discover what your abilities are, how far you can stretch and what you can do. Not procrastinating gives you a chance to amaze yourself and others!

2. Make an impact on other peoples lives.

Use your gifts and talents to bless other peoples lives. Everyone has a message to share with other people. Not procrastinating allows you to act in a timely manner when making contributions to other peoples lives. Stop procrastinating! Others are waiting to be enriched and empowered by you.

3. Accomplish something.

Acting on a timely basis allows you to finally accomplish something! The project or dream or goal you have been working on for the last few years needs to be completed. Accomplish something. Bring that project to a close and add it to your list of accomplishments.

4. Move on to other things.

When you don't procrastinate, you accomplish things and move on to other fresh and exciting things. This gives you the freedom to work on other projects without the guilt of pending issues that need attention.

5. Get yourself out of a rut.

When you are stuck in a rut or a situation that needs to be acted on, dreaming and constantly talking about future actions you plan to do, will not help. Do what needs to be done as soon as you can.

6. Manage your time better.

When you don't procrastinate, you free up time for all the other things you want to do. Acting on things that need to get done, clears the clutter from your life, mind and schedule.

7. Conquer your fears and take risks.

The longer you procrastinate on overcoming your fears, the bigger your fear becomes in your eyes. The bigger your fear, the more terrified you become and the more you get tempted to procrastinate! Minimize your fears, stop procrastinating, act now and achieve your dreams.

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Caroline Jalango is a life coach for unstoppable women who are willing to step up to the plate and take a shot at living exceptional lives wherever they are.

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Overcoming Procrastination

Procrastination Emancipation

The Top 10 Ways to Overcome Procrastination

Change Your Life For The Better!

147 Killer Epublishing Strategies

Money Saving ideas

Success Secrets

62 Ways To Beat The Gas Pump Monster

Instant Email Scramble



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