

“I am a procrastinator”

by Pam Lob

In fact at times I'm an excellent procrastinator and can keep myself from doing things that once I get started I actually really enjoy. I discovered how good I was at procrastination when I was studying for my psychology degree with The Open University. Every time an assignment was due I suddenly had an overwhelming desire to clean my house. I hate cleaning! Once the house was spotless I could sit down and concentrate and get the assignment written. Then after starting my own business, the house is rarely my procrastination tool, but emails, Facebook, the latest webinar or training, can keep me looking busy to the outside world, but not getting much constructive work done, if I don't keep it in check.

So why do I keep sabotaging myself?

A question I've asked myself frequently over the years.

As you are reading this book my guess is you are asking yourself the same question.

The answer after years of searching and trying various ways to deal with procrastination is CORE UNWORTHINESS

For me and for many of my clients it manifests as that little incredibly annoying voice in our head that says things such as

- Your not good enough!
- Who do you think you are!
- They will just laugh at you!
- You think you can.....you must be joking!
- You can't do that your not clever enough!
- No one will listen to you!

I'm sure you can come up with many more.

Core unworthiness as the name suggests is part of your very core something that you've spent years from very early childhood developing and nourishing. It wants to keep you safe, but all it does is to keep you procrastinating and playing small.

It's impossible to silence it completely, but it's totally possible to rule it rather than it rule you!

So how do you go about taking charge of procrastination and quietening that voice in your head?

Awareness.

To be able to change, you need to be first aware of what you want to change, but so often when you are deep within an issue, you frequently cannot see, or recognise what is going on. It can be obvious to a third party, but not to you.

Learn to pause regularly throughout the day; initially setting an alarm is good practice.

Pausing allows you to have the space to listen to your body, emotions, energy and intuition, to recognize what you are doing, what it is you want and what is the next small

action step you need to get there.

- Close your eyes, or focus on something like a tree or cloud, then take 3 deep breaths focusing on the breath.
- Allow your breath return to normal and take your awareness to your body. How does it feel, what emotions are running through you? What ever is there or not is OK.
- If any thoughts or judgments come up acknowledge them and return your awareness to your body.
- As you give yourself time in this space it gives your intuition time to give you a pop up that can be heard, felt or seen, that gives you answers you have been searching for, or guidance on your next step on what you are working on, or even the next step in life.

2-Acceptance.

Unless you accept what is happening in and with your life 'what you resist persists', as life attracts what you put your attention on.

Acceptance is not about liking the situation, it is just recognising this is how things are right now. When you don't accept something all you are doing is spending your time and energy in denial and will never be able to move forward with your life in regard to the situation you are in right now.

Acceptance allows you to see possibilities. It's an agreement with yourself to appreciate, validate, accept and support who you are at this moment, to love yourself regardless of what else is happening in your life.

Self-acceptance is about releasing others peoples opinions of you, especially those opinions that started in childhood and have continued to feed your core unworthiness.

3-Filling yourself up first

Women especially are incredibly poor at filling themselves up first due to culture and society leading them to believe they don't deserve to put themselves first and love comes from giving and not receiving. This just feeds the core unworthiness.

To be able to give and love others fully you first need to give to and love yourself. When we fly we are told in the case of a sudden decrease in cabin pressure to put our oxygen mask on first so that we are fit enough to help others and this is true in all areas of your life. You need to think of YOU first and make your joy and happiness a priority. When you are responsible for and able to make your own pleasure you will no longer feel frustrated, or disappointed when you don't get what you want from others, you'll stop feeling like a victim and will be in control of your own destiny.

How to fill yourself up first

- Spend time in nature
- Relaxation and meditation
- Yoga, Pilates, or Tai chi
Exercise (beware of too much high impact exercise as it can increase rather than decrease stress)
- Dance

- Spend time with friends
- Hobbies

You are an amazing human being capable of anything if you really set your mind to it, so don't allow procrastination to get in your way. Become aware that it is happening and accept it. By filling yourself up first you then have the energy and capacity to walk away from the procrastination activity and return to what you want to be doing.