

Procrastination

Cure it with

CURET

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“Procrastination has nothing to do with time management.”

The one theme I have worked with many people, men and women alike, has been Procrastination. One case specifically comes to mind - This client was a great planner - took B-HAG (Big Hairy Audacious Goals), planned for how to achieve it, even calendarize most of it but then never got around to doing it. When I asked her, it was always about either “no time or don't feel like it” or “I don't know what happened - the whole day passed and I never got around to doing it”.

Sounds familiar...

When does Procrastination happen?

The root causes for procrastination are often how we feel about the task we delay - We procrastinate things that we

find daunting or a big change, or things we don't like or decisions we don't need to take now.

Consider these instances - the game room that has toys and games all over the place since 2 months, gets cleaned up when extended family is visiting, or the document that we have been postponing to write since 3 weeks gets written in 2hrs a day before its submission. Or how about the big personal project you have chalked out for yourself but never get around to starting it. All these and many more reflect the sentiments of procrastination.

Why does it happen?

Time for some neuroscience - When we think of a big goal, and try to embark on an audacious task, or plan on making a big change - our brain considers it threatening. Sometimes even going into a fight or flight mode - when we just sit on the task and do nothing, don't even venture

on doing it, do all other things in its place that are neither urgent nor that important. We try to avoid the present discomfort and push it out to future - So Procrastination is just an avoidance technique by our brain.

The way out? Just CURE it or

CURET

Clarity

URgency and

Effort to

Take the first step

Clarity - when you are completely clear of the output, its easier to start the work towards it.

Urgency - When something is urgent it gets done. Haven't you heard of the Parkinson's law - Work expands with

time. The more urgent it is, the more rapidly it'll get done.

Especially true in the case of indecision

Effort - Go take the First Step. When you're not clear what to do, do what you know in the direction of your goal. It'll either move you towards it or let you know what not to do - both ways you'll be making progress.

Taking Small Steps is still stepping Forward. Often, It's not the speed but consistency that matters.