momentum associates

Are you prone to procrastination?

Try this now (or maybe try it tomorrow)

When you find yourself putting something off (again) have a look down the left hand column and see if any of these thoughts ring true. There's often an antidote to these thoughts. Maybe you can find it in the right hand column.

I don't know how to do this	But I do know where to start or who to ask
I can't be bothered	But I can motivate myself to do other things
It's boring	So I can do something else at the same time
I don't feel comfortable doing it right now	But it won't be any different tomorrow
I'll do it when I'm ready	So I just need to make myself ready
If I do it now I'll do it wrong	I can do it well-enough. Or ask for help
I don't have time to do it properly	But I can make a start
I'll do it tomorrow	It is just as easy to do it today
I don't really need to do it yet	If I do it now it will be over and done with
I work best when I'm closer to the deadline	I do my best work when I'm not rushed
Add your own common thoughts here	And your own antidotes here

It's often not the **task** that we are avoiding when we procrastinate.

It's just as likely to be the **feelings** that we associate with that task.

Try to spot **patterns** in your procrastination. If you can identify what you are **really** avoiding, it can help you address the right issue.

Acknowledgments: Based on our work with many groups and organisations including the Centre for Coaching, Ashridge, BBC, and many others over the years. Please feel free to use and circulate this material, but we would appreciate a reciprocal acknowledgement to our site at www.MomentumAssociates.co.uk /resources