

# Stop Procrastinating Today by Changing Your Thinking

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Everyone procrastinates at some time or another. If we're honest, we will admit that we've missed opportunities, delayed outcomes, and caused other negative consequences because of procrastinating.

If you've ever intentionally deferred acting on a goal or put off doing what needed to be done to realize your dream, get through school, acquire that promotion, lose/gain that weight, or take that bold step, then you have most definitely procrastinated.

As you've seen for yourself, the old adage, "You snooze, you lose," is real.

Procrastination is a tough habit to overcome! Lucky for you, however, you can put procrastination in your past and move forward without having to worry about all those negative consequences again.

**The key to real change - even for procrastinating - is changing your mindset.** You can change your mindset by changing your thoughts. And what motivates your thoughts? Perception.

Perception is how you see things. Your thoughts all arise from your view of a circumstance, situation, or the world in general. You have more control over your world than you think. If you think you can, or if you think you cannot, you are correct.

**Perception is everything.** You can change your mind - and your life - by changing your thinking.

**Today is a good day to change your thinking and stop procrastinating. Here's how:**

1. **Decide that you want to change your mind.** Start thinking differently about

your goals, projects, and tasks. Think “urgency” and “opportunity.” This will cause you to see the benefits of pursuing those actions with expedience.

2. **Like Nike says, “Just Do It.”** There is no time like the present to do what needs to be done. Whenever you think of procrastinating, redirect your thoughts to this short command. **Let your mind hear it over and over.** Eventually, your mind will start to use this thought in the first place.

3. **Avoid putting overdue emphasis on the negative aspects.** Thinking about all the things you *don't* like about a task can cripple you from even getting started on it. When you're in this frame of mind, excuses have a way of flooding the mind and making you feel better about not working on the task.

4. **Focus on the benefits.** Seek out the brighter side of things. Think of the benefits you'll receive by getting the task done early or on time. When you do this continuously, **you'll become more effective at getting yourself to go ahead and do what needs to be done.** The more you practice, the better you'll get.

5. **Avoid discussing the project with those who criticize everything.** Sadly, they are only able to focus on the “what ifs,” and “all that could go wrong.” They can put you in a quandary about the task or project, thus delaying you or keeping you from starting it in the first place.

When you stop procrastinating, you'll experience the joy of completing, succeeding, or achieving all the things you had deferred. Removing one more item from your agenda will bring you the satisfaction of a job well done as you move on to your next task.

This is especially rewarding when you had previously put things off because you didn't think you could do them.

**But look at you now!** Changing your thinking and all ready to go. It makes all the difference in the world. Get started today!