

Stop procrastinating and take action!



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We all procrastinate; acknowledgement of being in this mode is the first step in moving forward. All procrastination is fear based and manifests itself through negative statements such as:

"not the right time now"

"why even bother...can happen (worst case scenario)."

Sometimes the act of "non-doing" is an indication that the idea needs to be tossed.

What holds us back from accomplishing our goals is fear.

- Fear of failure
- Fear of being judged
- Fear of success
- Fear of being controlled

These fears are often caused by deeply routed anxieties. No matter- you can turn it all around with EFT (Emotional Freedom Techniques: Meridian Tapping) combined with positive language-visualization reframing techniques and the intention to do just that!

The following are a few common phrases/excuses people use when they are procrastinating: The task is:

“too boring”

“too time consuming”

“I just don’t feel like it”

“I just don’t want to”.

The Good news is that

EFT (The Emotional Freedom Technique) is wonderfully successful in reversing procrastination, as usually deeper emotional issues are involved. It is based on the simple statement that the cause of all negative emotions is a disruption in the body's energy system . It involves tapping on meridian points while making statements about the issue.

Knowing that you are afraid will not magically remove fear or change behavior. You can use The EFT Technique to eradicate the roadblocks of guilt and fear that keep you from moving forward. When you use EFT and stimulate the acupuncture points (see chart) the level of serotonin in the brain rises and floods the amygdalia, the section of the brain involved with controlling emotion and fear, and the fear loop is disconnected. Once the brain stops experiencing fear with the proper EFT tapping and intuitive NLP language guidance from an experienced EFT Practitioner, (I am one and you may read more about EFT here and see my short video <http://www.balanceandpower.com/eft.php>) you will find that your thoughts and behaviors transform effortlessly.

I offer a complimentary consult and FREE tapping telephone groups coming up:

<http://www.facebook.com/events/129946720448832/>

Additionally, I will be facilitating a 5 hour stress-anger management group in Wantagh, NY 12/10: <http://www.balanceandpower.com/events.php> or call for information: 516 623 4343