

Reversing Procrastination



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We all procrastinate; acknowledgement of being in this mode is the first step in moving forward. Procrastination is often 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.

Here are some tips to Reverse Procrastination:

- Step back and reframe the situation; visualize the action as a positive outcome.
- Outline the steps needed to complete the project.
- Create realistic timelines.
- Allow new ideas to "percolate".

The EFT (emotional Freedom technique) is wonderfully successful in reversing procrastination, as usually deeper emotional issues are involved. Contact Eileen for a complimentary twenty minute telephone consult to find out more. "Tap" into your personal power! Eileen is a Personal Performance coach and can help you reach your maximum potential!

Have a balanced and powerful day...SOAR!

Eileen



Balance & Power



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