

THE BIG IDEAS

Fears

+ Unproductive relief.

Victim/Procrastinator?

Your call.

What're You Doing

With your time?

Walking

Across a solid board.

One Small Step

And another and...

"Have To" -->

Choice.

Replacement Thoughts

Let's swap 'em out! :)

Demanding Perfection?

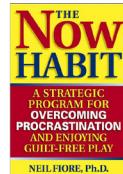
Well, stop!

Mis-takes

Time to accept 'em

Procrastinator -->

Producer.



The Now Habit

A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

BY NEIL FIORE · PUTNAM © 2007 · 224 PAGES

"A complete treatment of procrastination must address the underlying blocked needs that cause a person to resort to procrastination. The Now Habit starts with a new definition: Procrastination is a mechanism for coping with the anxiety associated with starting or completing any task or decision. From this definition it follows that those most vulnerable to procrastination are those who feel the most threatened by difficulty in starting a project, criticism, failure, and the loss of other opportunities that may result from committing to one project."

~ Neil Fiore from *The Now Habit*

You ever procrastinate?

Me, too. In fact, I *totally* procrastinated on writing this Note!!! (Seriously. Hehehehe. :)

If you ever find yourself procrastinating more than you'd like, I *highly* recommend the book. It was one of the first books I read on my Kindle and I highlighted nearly the whole thing. It's PACKED with great Big Ideas and I'm excited to share some of my favorites with you!

No need to procrastinate. Let's jump right in. :)

FEARS & UNPRODUCTIVE FORMS OF RELIEF

"What are the deep inner fears that cause us to seek such unproductive forms of relief? Dr. Theodore Rubin in his book *Compassion and Self-Hate* suggests that it is the fear of failure, the fear of being imperfect (perfectionism), and the fear of impossible expectations (being overwhelmed) that prevent us from acting on and attaining humanly possible goals and relationships. Having a fear of failure means you believe that even the smallest error could be evidence that you are a worthless and awful person. Having a fear of being imperfect means that it is difficult for you to accept yourself as you are—imperfect and, therefore, perfectly human—and so you interpret any criticism, rejection, or judgment by others as a threat to your very tenuous grasp on perfection. Having a fear of impossible expectations means fearing that even after you've worked hard and achieved the goals set for you, your only reward will be continually higher and more difficult goals to achieve, with no rest and no time to savor your achievements."

So much to discuss there, eh?!? Let's focus on the fear of being perfect and the threat of overwhelm.

First, perfectionism. I used to be a poster child for perfectionism. In fact, it was so bad that I can vividly remember sitting in my cubicle at Arthur Andersen at the beginning of my career 13 years ago folding a letter to a client and worrying about whether or not the folds were equally spaced apart and that the stamp was on just right. Yowsers. Almost surreal to look back at that!

Fiore provides us with this powerful equation: "Perfectionistic demands lead to-> fear of failure-> PROCRASTINATION-> self-criticism-> anxiety and depression-> loss of confidence-> greater fear of failure which leads to-> stronger need to use

"Procrastination is not the cause of our problems with accomplishing tasks; it is an attempt to resolve a variety of underlying issues, including low self-esteem, perfectionism, fear of failure and of success, indecisiveness, an imbalance between work and play, ineffective goal-setting, and negative concepts about work and yourself."

~ Neil Fiore