

DO IT ALREADY!



From Ilana's Desk



For this next exercise we are back to reality. We are going to deal with the topic of procrastination - a problem that so many of us experience. "*Procrastination is the bad habit of putting off until the day after tomorrow what should have been done yesterday.*"

The Power of the Unconscious Mind

- Are you feeling stuck?
- Do you jump from one thing to the next, never getting anything done?
- Do you feel overwhelmed?
- Do you feel unsure of what to do next and where to start?
- Are you putting off what you can do today until tomorrow - and tomorrow never comes?
- Are you waiting until you are a perfectionist before you start?

Together, we'll look at these and many other issues that pop up to try and sabotage us.

Let's do it!

Ilana

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TEACH YOUR MIND TO SHIFT FROM PROCRASTINATION TO ACTION

We have all experienced procrastination... some more than others. There are even those chronic procrastinators who avoid any difficult task at hand by deliberately looking for distractions. But there is hope! It is possible to overcome procrastination with effort and self-control.

It is fair to say that a lack of self-confidence plays a big part in why we procrastinate. We may doubt our ability to complete a task, but where do these doubts come from? Of course... our unconscious mind!

Our unconscious mind represses memories and any unresolved negative emotions while trying to protect us from them. We need to understand what is the underlying reason as to why we are procrastinating.

Our unconscious mind is like a 5-year-old child. It is all about feelings, and it speaks the language of pictures.

Let's say that, once upon a time you did something and it wasn't quite right, and your teacher, parent or sibling got angry with you.

Your unconscious mind remembers all those feelings and will strive to protect you from ever feeling hurt again. It will recreate the pictures of being yelled at and those feelings will come up again. So, there is unrealized fear – fear of failure, fear of not being good enough or fear of the unknown.

To avoid that happening again, you will procrastinate on a task because once upon a time someone yelled at you.



HOW TO SHIFT YOUR MINDSET FROM PROCRASTINATION TO ACTION:

- Start your day with the least desirable task first thing in the morning
- Focus on three goals in one day and unpack them into smaller tasks
- Set deadlines on tasks - when they will be done by. Ideally, commit to something that this is when you will complete them.
- Reward yourself after each task so you feed the limbic part of your brain
- Embrace your fears, they no longer serve purpose
- Visualize the long-term effect and impact on you acting now!
- Get an accountability partner to keep you on track

It's that simple!

When a new task comes in, act on it immediately and do this for 21 days straight and you will conquer procrastination.

Using distraction to overcome procrastination

Think back - have you ever decided to give up something starting Monday? But then Monday comes and that very thing you want to give up you are craving more than ever. Familiar? Suddenly, making that change becomes impossible - so you decide to wait until Tuesday, or Wednesday or.....

All you have to do is replace the picture: focus on replacing it with something completely different.

Let's say you want to give up smoking. Don't even think about giving up smoking. Instead, think of replacing it with a walk and allow your mind to pick 6 new objects while you take a walk.

Then try to relate those 6 objects to you or what is happening with your life. This activates the creative part of your mind that carries a lot of emotion. This in turn moves you away from the cigarettes and towards your new focus, the messages in your walks.



Notes

