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The good news about procrastination.

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Procrastination has gotten a bad rap.

I recently completed a comprehensive 6-month course. It consisted of challenging team projects and workshops with a group of 14 others. On the first day, everyone introduced themselves and shared why they were attracted to this particular course. A handful of people mentioned that they had wanted to take this course for a long time, but had continued to procrastinate. They also expressed embarrassment or disappointment in themselves for their delay.

Several would then console with “Well, you’re here now. That’s all that really matters”.

But, I saw no reason for apologies, embarrassment or consoling. I know that everyone in the class had the intention of being successful in this endeavor. I also wanted a successful, collaborative and co-creative experience with harmonious and supportive classmates. I knew this would be a challenging course, but wanted it to flow easy and effortlessly. Although the course had nothing to do with the principles of the Law of Attraction, 10 of the 14 people in the group shared my same interest in it. So, many were of the same mind-set as I.

Therefore, what some may interpret as “procrastination”, I call “perfect timing”.

Once each of us had clarified our intentions for taking this class, the universe set things in motion to line up specific circumstances to gather these particular individuals to this group. Everyone had similar desires, and philosophies, which attracted similar classmates. The result was a very special comradeship within this particular class.

The instructor often mentioned during the course that this group was extremely special. The group actually excelled in an extremely fast pace and easy flow.

That’s why I don’t see that anyone actually procrastinated; they were just aligning their energies, and waiting for the perfect time to gather with this particular collective. Once this group was aligned, individuals were then automatically inspired to take that final step (registering for the course). Everything worked out perfectly – even though we could not see it at the time.

Inspiration versus perspiration

One who is connected to the Energy Stream is more powerful than a million who are not. And two who are harmoniously focused and connected to the Energy Stream brings about a co-creative endeavor that cannot be matched by anything else in all of the Universe.

--- Abraham Hicks

Don't get me wrong. I'm not advocating "putting things off". I am suggesting that we take action at the right time, when we feel good about taking action, when we can leverage the alignment of Energy

Have you ever noticed that when you're just not excited about doing something, that task takes longer, you get caught in traffic, you get stuck in the wrong service line, you purchase the wrong part, you get tired easily, you find reasons to turn back and give up.

But when you're inspired about your task, everything seems to flow your way? So, the idea is to get excited about your life. Even get excited about the everyday things.

"Well, that sounds nice. But it doesn't seem reasonable. How can one get excited about – let's say about – taking out the trash or cleaning the toilet bowl?"

Okay, you got me. It's tough to get excited about mundane things. So – let's not focus on those things while you are doing them. The trick is to "get excited". It doesn't necessarily have to be about a specific thing.

For instance: When you're taking the trash out, notice the beautiful clear, blue sky, the fresh air, the refreshing breeze, the pleasant temperature. Notice the kids playing or riding their bikes. Notice some fun things that you would like to include in your day or weekend. Chat with the neighbors watering their lawns, taking out their trash, doing their mundane chores. Try to predict what's in the mailbox today. Focus on something intriguing.

Even something as mundane as cleaning the toilet bowl only takes a few seconds. Then you'll be onto your next activity. Focus on your next activity instead of the cleaning chore. Or focus on how clean and fresh the house will seem once all your cleaning tasks are quickly and easily completed. Put music on while you are doing your tasks, etc

Besides, it's tough to think of cleaning the bowl as a long-involved, arduous process. There are so many neat and convenient products out there. It hardly is a big deal these days. They have those funny "talking bubbles" on TV that seems to do it for you. There are these magic wands that are fun to use. There are even products that wash as you flush. Worst case, it's just a switch of the wrist and brush. Maybe play around with your own idea for doing the chore.

The idea is just to get excited about something. Once again, It doesn't necessarily have to be "the something" that you are currently experiencing. Daydream, plan, invent, dance, hum, have philosophical discussions, solve a puzzle, etc.

If the task seems overwhelming, split it up and only focus on why it will be nice to have piece A done. Or focus on all the doors that completing piece B will open.

Don't push it

Another important consideration is not to push through something that doesn't feel right, just to avoid something you like even less. Motivation is doing something to avoid something you prefer even less. When you work through motivation, your energy is focused on the "bad feelings" or "bad thing" that you are trying to avoid. Under the Law of Attraction, you eventually attract the experience that you are focusing your energy on. Therefore, you are actually attracting that "bad thing" you are hoping to avoid, because your attention is on it.

Law of Attraction: "Without exception that which you give thought to is that which you begin to invite into your experience". Abraham Hicks.

But everyone has those friends that know what's best for us and try to motivate us into action. If you don't have one of those friends, chances are that "you are that friend".

And we all have been one of those well-meaning friends at one time or another. Anyone with teenagers is tempted into this trap every day.

The pushing and motivating comes from love and wanting them to succeed. The problem is that we're pushing and motivating from our point of view, from our perspective, from what we feel good about doing. Our friend or child has their own inner knowing, their own inner roadmap and guidance. The fact that they are not inspired to do the thing that we are advising, is an indicator that it's not currently aligned with their inner-knowing. So trying to motivate them away from their own guidance is futile.

But people come to me

You are extremely loving and nurturing. You have many friends. You are a giver. You have great experience and expertise. Of course people value you and want to spend time with you. You're a great catalyst for their alignment and balance.

To keep themselves in balance, many people need to vent about their current situation. They don't necessarily want you to solve anything for them. Venting is a great way to remove the steam from their pressure cooker. Once the pressure is released, it's easier for that individual to come up with their own inspired actions. The last thing they need, right now, is someone else to add to their plate of "things they should be doing" or push them into feeling something that they aren't ready to feel right now. Often times once the pressure is released and they have their own inspired actions identified, the procrastination disappears.

If you still feel that they want some guidance, ask permission before sharing your experience. Providing them stories of your experiences and sharing your impressions on why it worked for you, is great. It will be very helpful to them to hear other options and opinions. In your story, continue to encourage forward and future looking solutions, versus churning the past events. Remove all hints of judgment or "should do's" from your speech – even if those comments are directed toward yourself.

Then disengage.

At this point, your job is done. It's up to them to follow-up or not. Allow them to process and file the information to their satisfaction. You, yourself, forget about it. You release all ownership and responsibility for the results. If they return with additional questions, great! But don't continually pester them about the progress of **your** advice– when it may not be of interest (right now) for them to pursue. The more you pester, the less likely they will feel inspired to accomplish **your** desires or **your** solutions to their life. Remember, their job isn't to make **you** feel better about how they are leading their lives.

Once they have decided upon their own next steps, they may ask for an accountability partner (someone that will check-in and help them stay on target). This is fantastic. But try not to go that route unless invited.

Audience versus participation

A while ago, I was in a long-in-coming pouting mood. A friend was not used to seeing me in that mood and kept poking and prodding me to tell him what was bothering me. Finally I succumbed. I wasn't 5 seconds into my vent when he stops me to tell me his perspective. I lost it a little. I said, "Okay, now that you've aggravated me into telling you what is bothering me -- can't you at least allow me to finish, before you tell me how wrong I am to feel this way?"

He was stunned, shocked, flabbergasted. Since this was very uncharacteristic of me, it was unfamiliar territory for him.

The look on his face was so priceless that it made me laugh. To this day, I don't recall what was bothering me. But I do remember "the look". It's also a good illustration that not everything your friend shares requires a response or an opinion from you.

This is recommended for "good news" as well. Recently I shared something very positive that had just happen to me to someone. The moment I shared it, they immediately supplied lists upon lists of things I needed to watch out for or to do next. They then steer off into how tough it is for everyone, how much they worry about me and/or the economy, etc. As you can imagine, these action items weighed on my happy bubble and the bubble burst. My excitement was temporarily replaced with "I should have known better then to share" thoughts. They (we) always mean well. But – sometimes – you just want to express yourself for the joy and excitement of expressing it. At those times, you're not asking for participation, you're just asking for an audience.

When someone is excited about something, allow them to have fun with the telling of the story. Tune into their passion and enthusiasm. Allow them to lead the conversation. Get caught up in their flow and their joy. If they want some ideas, they will prompt and ask you.

If you are the one telling the great news – then, help your friends out. They can't always tell the difference between a narrative and a two-way conversation. Make it easy for them. Tell them, "I'm really excited about this thing that just happened, and I am looking for someone to share it with. I don't need any advice or solutions – just an audience. Can you be my audience for 10 minutes?"

It felt a little weird when I started doing this. But my friends normally giggle and it does lay the ground work for a fun time. Now we shortcut to: "need an audience".

What other ideas have you used to get the right level of audience participations for your stories?

Conclusion:

Procrastination is an extremely important tool. If you feel that you are procrastinating and you don't like that feeling, use it. It is a sign that you need to "clean up your energy" about this specific task.

Talking it out with friends can help transform how you feel about the task that you are hesitating about. Telling friends up front what you need (an audience, an accountability partner, someone to brainstorm with) keeps everyone happy and on the same page. Once you a feeling better about this topic of focus, the procrastination feeling turns magically into inspiration. Things done through inspired action flows effortlessly and smoothly. A happy ending for all.

About the author

Laura is a certified personal life coach. She has been in the software and testing industry for over 20 years. She's worked with such companies as IBM, Eriksson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she uses in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time, quality product delivery with higher client satisfaction.

Laura now uses her client focus, project, quality and people management skills in her personal life coaching career. As a personal life coach, she helps people integrate their goals and dreams into their everyday lives. Laura uses creative and practical tools to help her clients realize what really matters to them. They then follow-through with project and time management techniques to create the reality they really want.

Laura authors many articles and workshops on time management and strategic scheduling. She is also the founder of the electronic magazine *the Rose Garden: the Art of Becoming*. Also, check out <http://thelaurarose.blogspot.com/>

Laura offers **one-on-one career and life coaching, small group coaching, seminars and workshops**. You can learn more about her at www.RoseCoaching.info and contact her at LauraRose@RoseCoaching.info