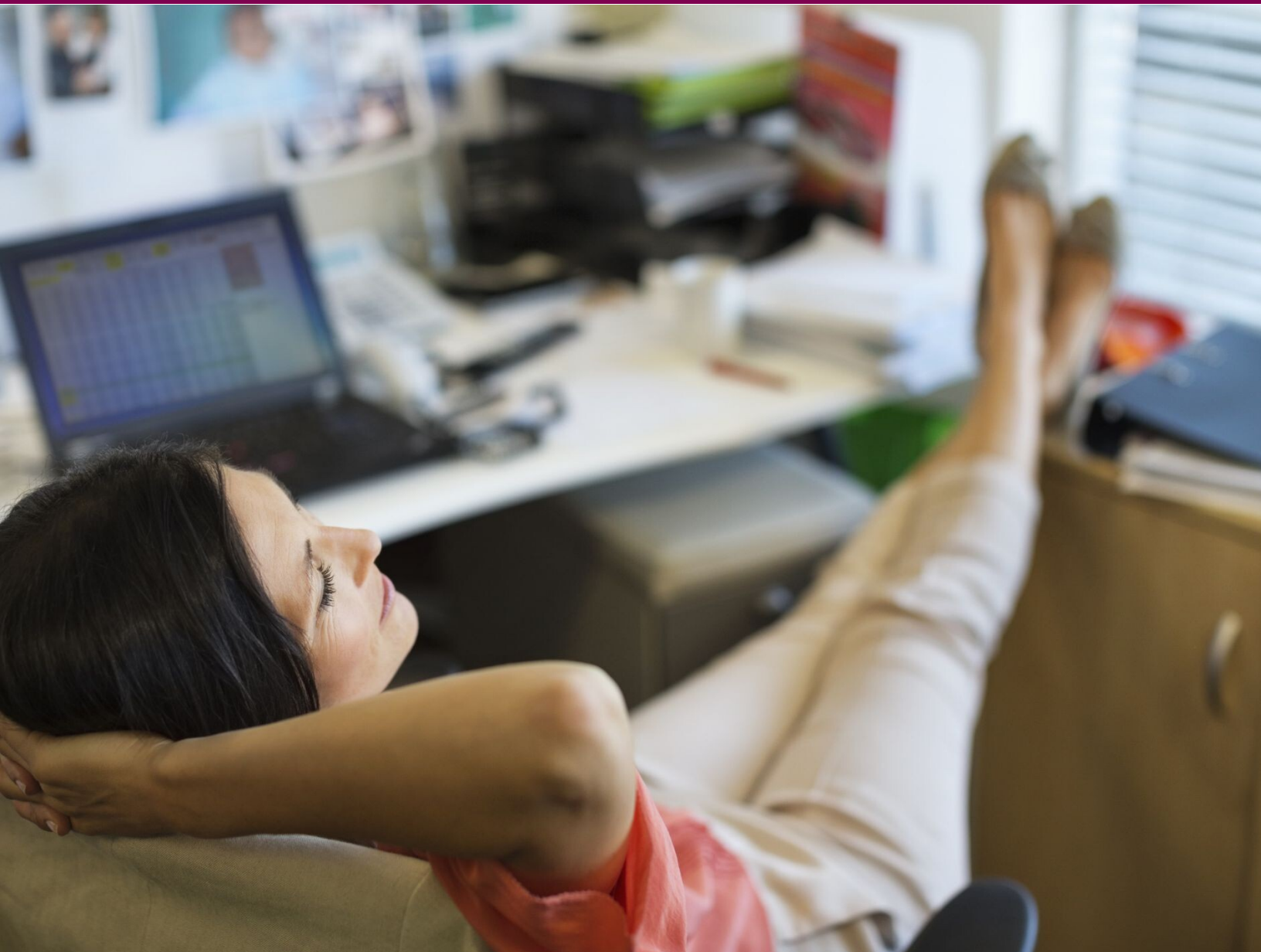


How to Push Past Procrastination to Find Your Purpose and Profit



Jeanetta Cardine

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Procrastination has been known to be deadly in a person's life. If left unchecked procrastination can have the potential to ruin your life if you let it. Les Brown said the cemetery is the richest place on earth. Why? Because it is filled with, unrealized dreams, filled with books that were never written, songs that were never sung, movies that were never written or produced, voices that were never heard, and all of this is mostly due to procrastination.

Putting off for tomorrow, what should be done today. Tomorrow is not promised to us, each and every one of us has been born with an innate talent or some form of gift that should be offered to the world. But many of us will never realize it because most of us tend to allow fear and procrastination to stop us from tapping into our God-given potential in order to be great. So how do we succumb to procrastination? How do we let it enter into our lives and take over?

First of all, what is procrastination?

Webster's dictionary defines PROCRASTINATION as
“The action of delaying or postponing something”.

Psychology Today says procrastinators chronically avoid difficult tasks and deliberately look for distractions. Procrastination in large part reflects perennial struggles with [self-control](#) as well as the general human inability to accurately predict how we'll feel tomorrow, or the day after. "I don't feel like it" takes precedence over [goals](#).

[Perfectionists](#) are often procrastinators; it is psychologically more acceptable to never tackle a task than to face the possibility of falling short on performance.

So when you procrastinate you delay or postpone in taking an action. But how does it affect us if we leave it unchecked? And how do we know we are procrastinating? Procrastination can affect us dramatically if left unchecked. Goals are never realized, businesses are never started, bills are never paid or paid late, education is never completed. Procrastination causes us to become lazy, to focus on the task as a broad picture rather than small tiny assignments.

If you have a thought that you want to clean out your garage, you immediately start thinking about how much stuff is in your garage and ultimately you decide not to. By saying I'll do it tomorrow, when you have the thought about doing something important and you decide to put it off, instead of acting upon it, procrastination has just entered the picture. Now that you know what Procrastination is, how do you overcome it, how do you eliminate procrastination from your life then how do you find your purpose and profit?

1. Recognize

Step one in overcoming procrastination is to first recognize that it is happening, recognizing that you are allowing it to happen. You must be aware and present in order to stop it from happening. How do you do that? Procrastination first starts with a thought. Remember the garage clean-out I mentioned earlier, when you have a thought to do something important, you decide at that moment of the thought whether you want to complete that action or not. You decide at that moment whether to put it off or actually complete the task.

2. Take Action

So the next step to overcome procrastination is to take action, to be like Nike, and just do it. When you have an important task or even if you have any task, the best thing to do is to take small steps to do it. Don't overthink it, remember when you have the thought to do it, don't get overwhelmed by what it takes to get it done. If you do this you will more likely not complete the task.

If you are a chronic procrastinator, you have allowed this to become a habit in your life. It takes two weeks to develop a habit. So in order to break the cycle of procrastination, you must take action and do whatever tasks come to your mind. Don't put things off. You can tackle the overthinking component of procrastination by using the **Rule of 5**.

The Rule of 5 says to take **5 small actions** each day to accomplish a goal, or to complete a task. So if you decide you want to clean out your garage, take 5 small actions each day rather than trying to complete the entire task all at once. You have to break large tasks up into smaller ones in order to complete them. If you look at a project as a whole piece, you can easily get overwhelmed and then decide not to do anything at all. Hence how Procrastination creeps in.

If you decide that you want to write a book. Decide that you are going to take **5 small actions** towards writing your book, by either writing 5 pages a day or 5 paragraphs a day. If you set this to do for 30 days, you will have a completed book. If you take small steps daily, it leads to larger results later towards your goal and it won't seem so overwhelming to you. Most of the time procrastination enters because we are painting our picture with broad strokes, we are thinking about the project as a whole rather than in bits and pieces.

Someone once said that if you wanted to chop down a large oak tree, you wouldn't accomplish that feat all at once, you would chop and chop and chop until eventually, it would all come down. So is the same with overcoming procrastination, taking small actions daily leads to completed tasks later.

Now you have overcome your procrastination, now let's look at finding your purpose.

As I stated earlier, we are all gifted with a God-given talent to do something amazing in this world. We just have to tap into whatever that is and figure out what that looks like. So how do you find your purpose?

1. Make a list of all the things you love to do, don't think about it, just make a list. No matter what it is, it doesn't have to make sense right now, if you like doing it, write it down. For instance, you may like to read, write, walk dogs, smell coffee, drink wine, whatever just make a list. Don't put too much emphasis on this. I know you're thinking how can this help me find my purpose. I promise if you stay with me it will make sense.

2. Make A List of things you are good at. Next, make a list of what you are good at. You may be good at sewing clothes, making candy, baking cookies, praying for someone, encouraging someone, you may be a good listener, you may give good advice. You may be good at balancing a checkbook. Now take both of those lists and see if they share any similarities. If you are good at listening and like to encourage someone, your purpose may be to counsel others. Are you good at baking cookies, do you like baking, your purpose is to be a baker. Are you good at making coffee, do you love the smell of coffee, your purpose may be to be a barista or own a coffee house. Do you see what I'm doing here, you get the idea of how to find your purpose. Another thing is to talk to others and ask others what they think you are good at. Sometimes others can see our purpose more clearly than we can, however, don't rely solely on that. But I'm saying it doesn't hurt to ask for additional feedback from others.

3. How do you profit?

Now that you have overcome procrastination, you have defined your purpose, now how do you profit? Let's say your purpose is to bake cookies. Now how do you profit from baking cookies, well you find an area or an untapped market in the cookie industry and you fill in the gap? How do you do that? You find a Niche. You could tap the market of people with allergies, but who also love cookies. For instance, people who have a peanut allergy but love peanut butter cookies, and can't have them. You find a peanut butter alternative to bake into your cookies and market to this community. What if you decide your purpose is to be a hairstylist, but instead your market is kids with cancer, who lose their hair. You decide to make wigs and hair units specifically for that community.

So you get the idea of how to push past procrastination, find your purpose, and then profit.

Another area is to make sure you have the right people around you too. If your environment is not conducive to you doing any of these things it will be more difficult to do. For instance, if you are hanging around procrastinators guess what? You're going to procrastinate, if you are hanging with people who don't want the same things you want it will also be different. Show me the 5 people you hang with the most and their salaries, and I can tell you your salary. You are the sum of the 5 people you hang out with the most. That statement "Birds of a feather flock together" is true. So who are you hanging with that's pushing you, or motivating you to pursue your dreams?

Remember your **Network** determines your **Net Worth**.