



What Are You Waiting For? Overcome Procrastination and Go After What You Want in Life!

Dr. Earl E. Paul

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What are you waiting for? Do you ever find yourself "stuck," thinking or planning what you want to do but never taking action towards its accomplishment? If so, welcome to the human race. Many of us not only focus on achieving goals in our lives, but, as we age, we establish "bucket lists" containing items we want to achieve before our ultimate demise.

Yet, time seems to slip by quickly, and we make little headway checking off items on these lists. What causes this inaction? Oftentimes the answer is we are not sure why we lack the intrinsic motivation or seem powerless to do what we know we should do to get us where we want to be. Ultimately, though, a main culprit we are facing in this arena is procrastination. Battling and overcoming procrastination should be one of our goal setting strategies since the paradox of experiencing inertia when we want to be moving towards our goal lists or bucket lists is common.

The basic themes of this article focus on the causes of procrastination and practical strategies for motivating yourself and overcoming procrastination. Since we are interested in traveling the path to success to accomplish goals in whatever areas are important to us, we must have an understanding and practice the success factors that will get us there.

Thus, if you do find yourself "stuck," wishing you could make yourself move, then this is the article you must read.

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