



TURNING
PROCRASTINATION
INTO

MOTIVATION

The Problem(s) With Goal Setting

1

We get excited over the break period & aim at everything we should be aiming at - weight loss, me time, being a better parent...

2

We fail to develop an action plan & accountability system that keeps on track - reducing the goal to a hope or wish.

3

We hit barriers & distractions - giving in to them because we want a “treat” as a breakout from the **denial** inherent in being good.

4

We spiral downwards - using ‘treats’ to recover from ‘treats’.

The Problem(s) With Goal Setting

5

We fail to realise that the goal has been set to create an emotion.

eg: *“I’ll be happy when I get my boat.”*

6

We miss the step that recognises...

“I’ll happily go about getting my boat.”

7

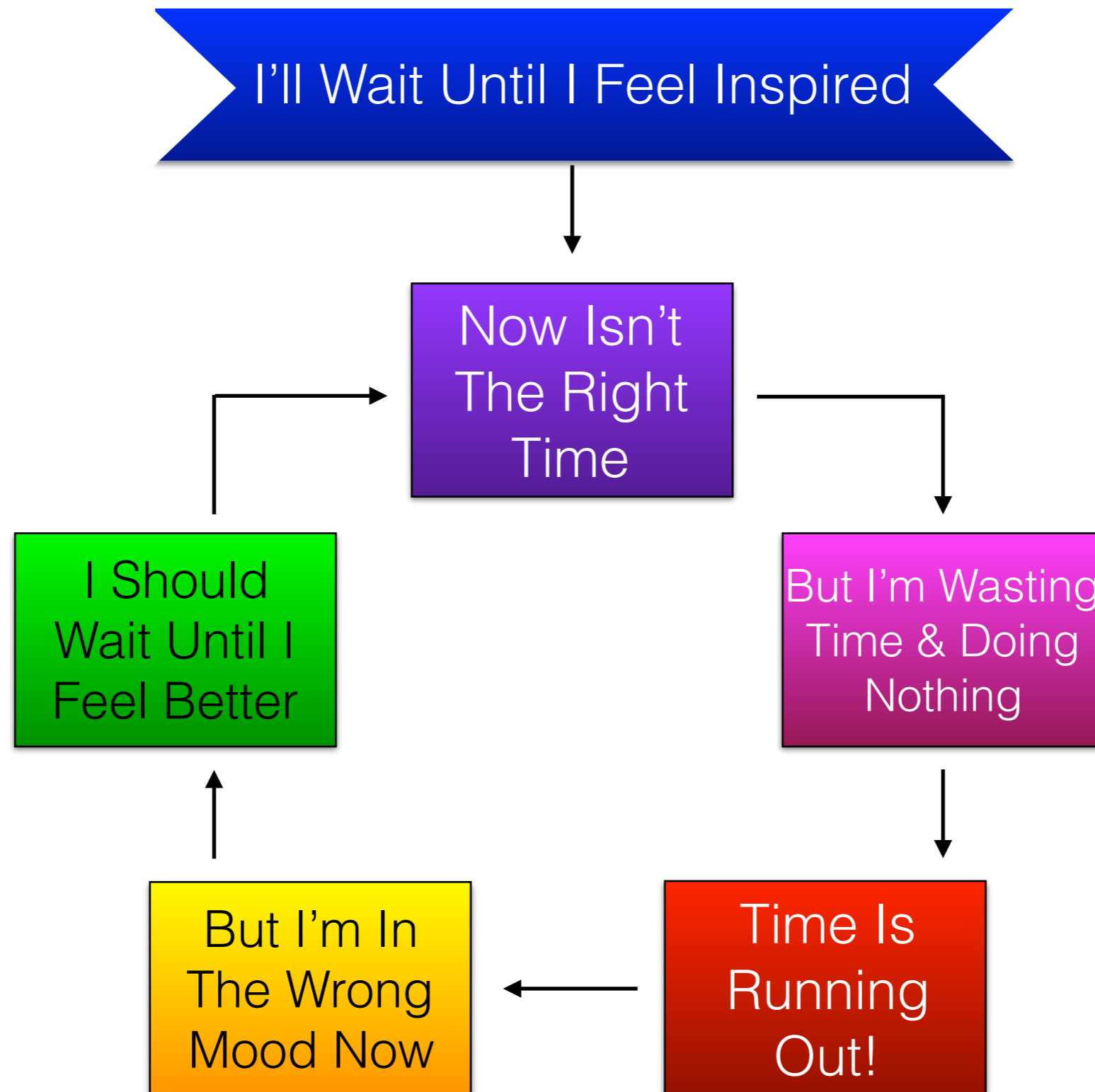
At the same time we don't ask if the goals are compatible with our values. eg: Value family but work too hard increasing income...

8

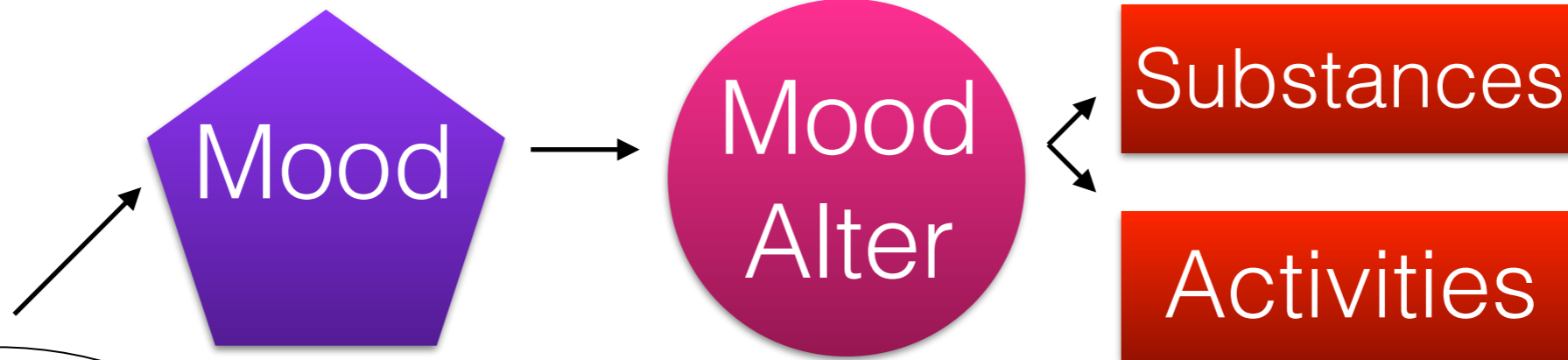
We start procrastinating because we have lost the conviction that the goal is worth the effort.

(and procrastination is a version of ‘me time’)

Procrastination Cycle



Procrastination & Mood Altering

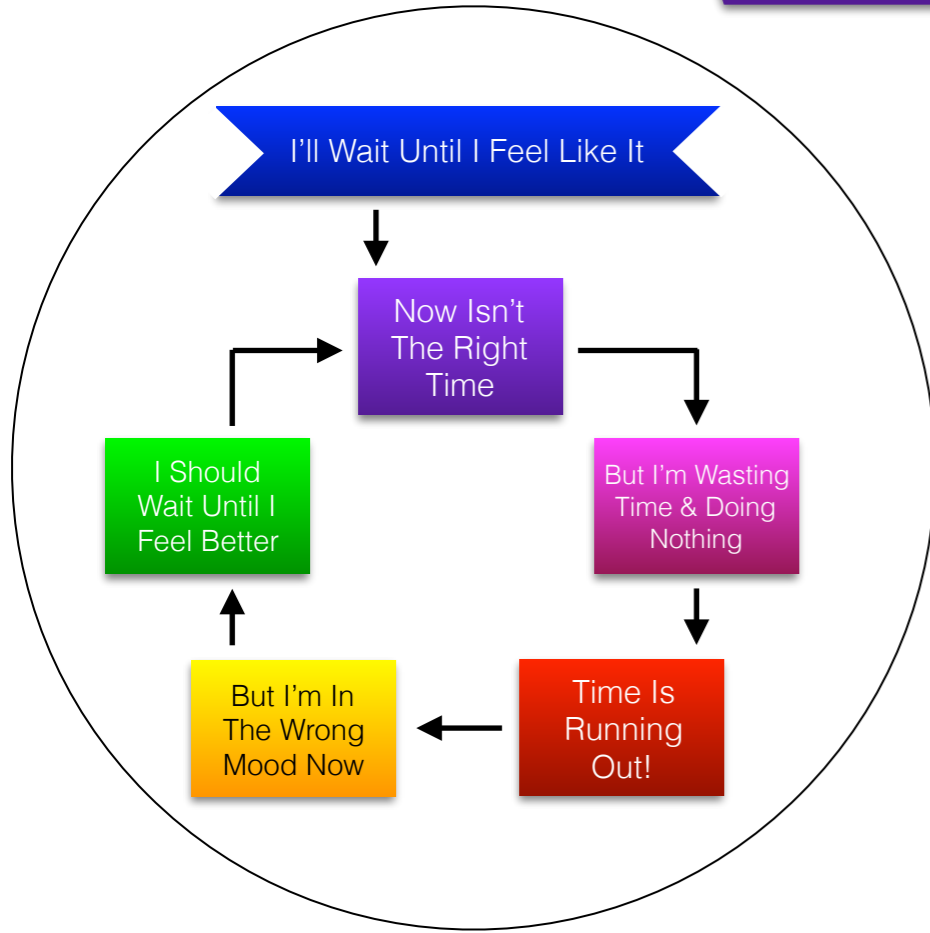


Alcoholic

Chocoholic

Workaholic

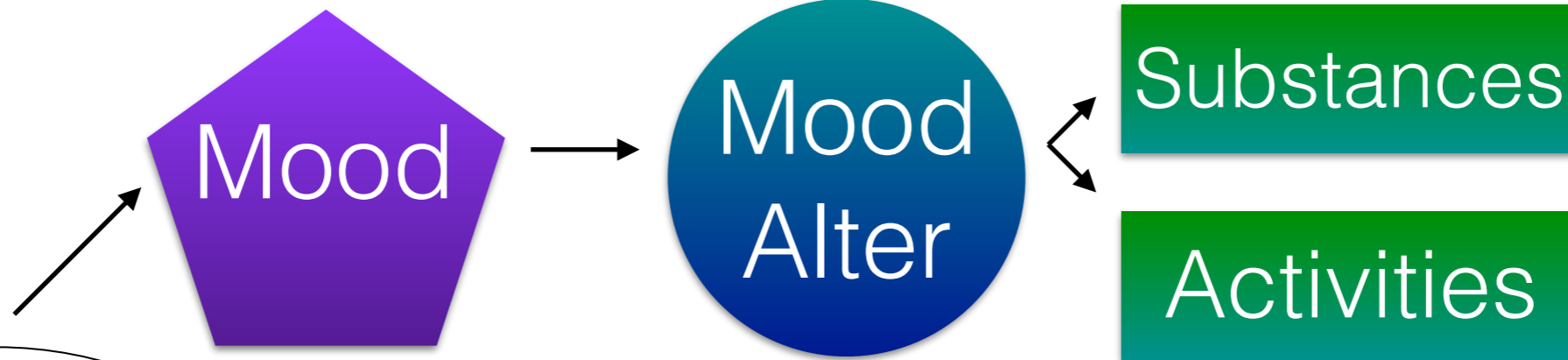
Shopaholic



Procrastination Cycle



Procrastination & Mood Altering

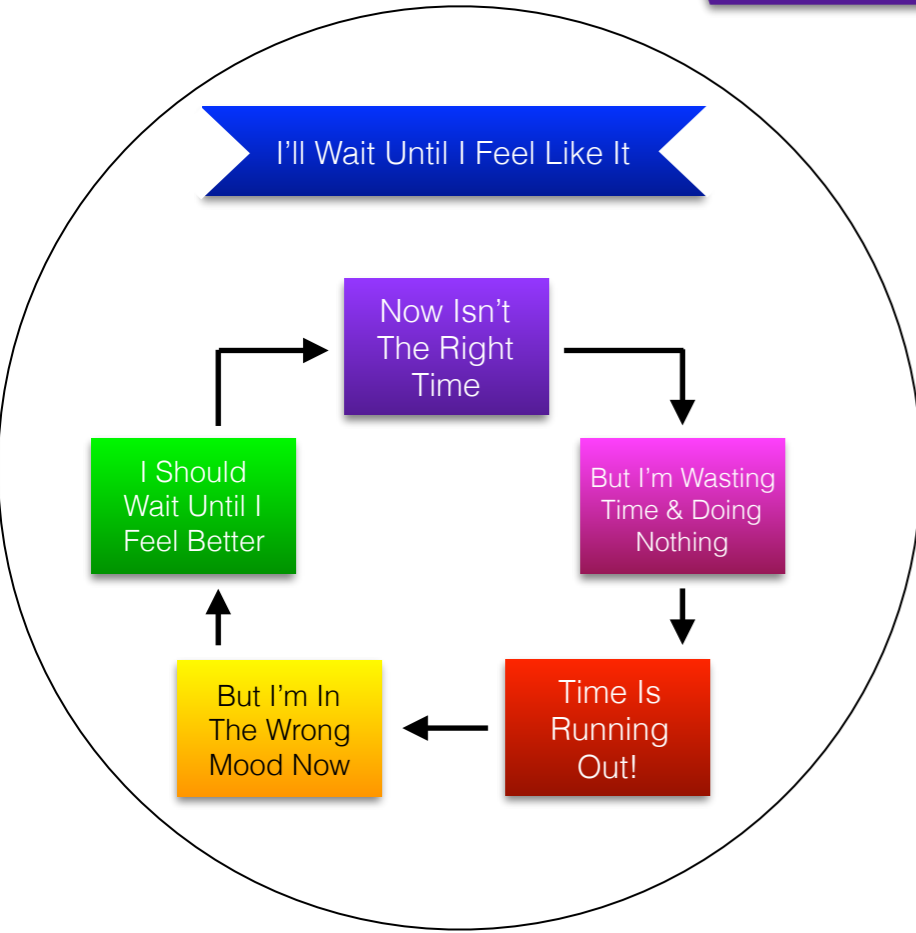


Exercise

Meditation

Mindfulness

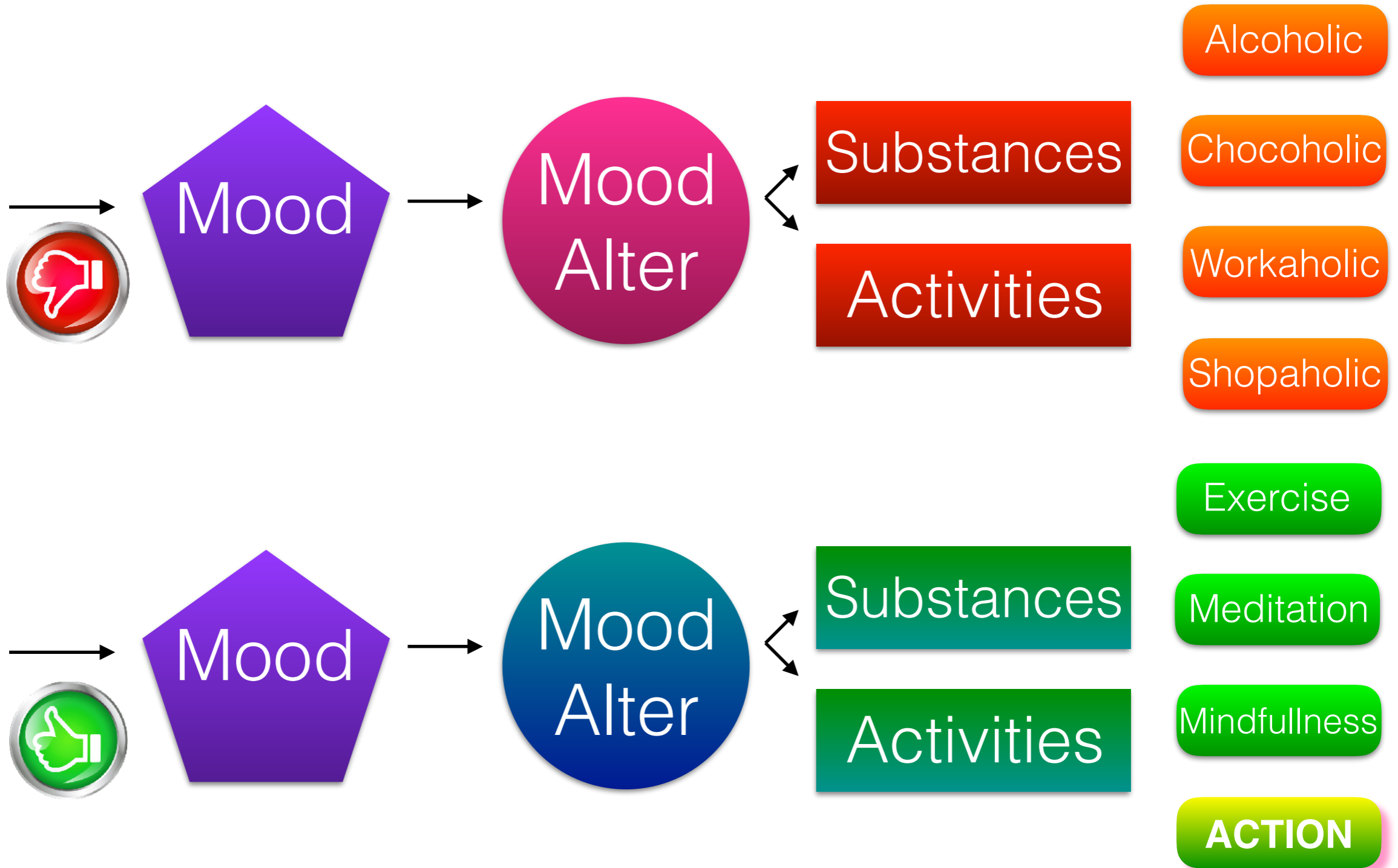
ACTION



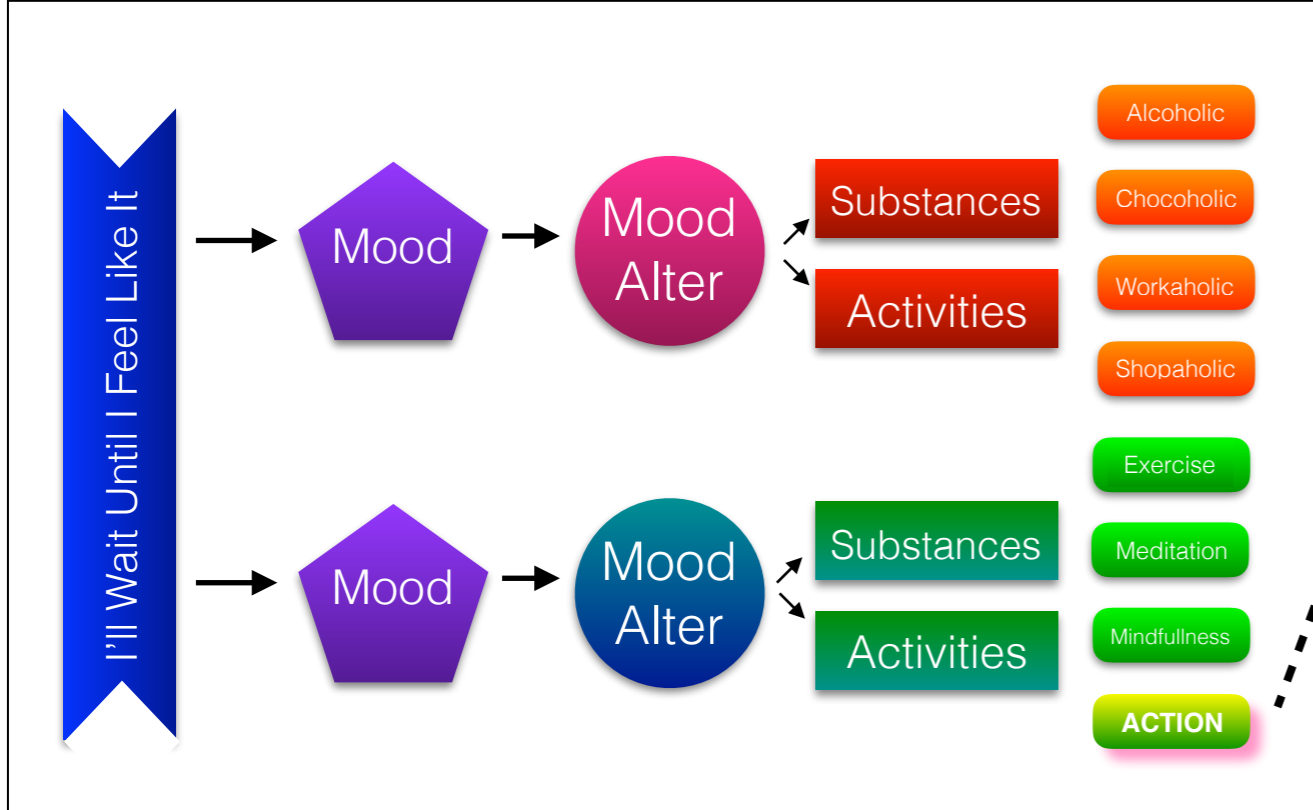
Procrastination Cycle

Mood Altering Cycle

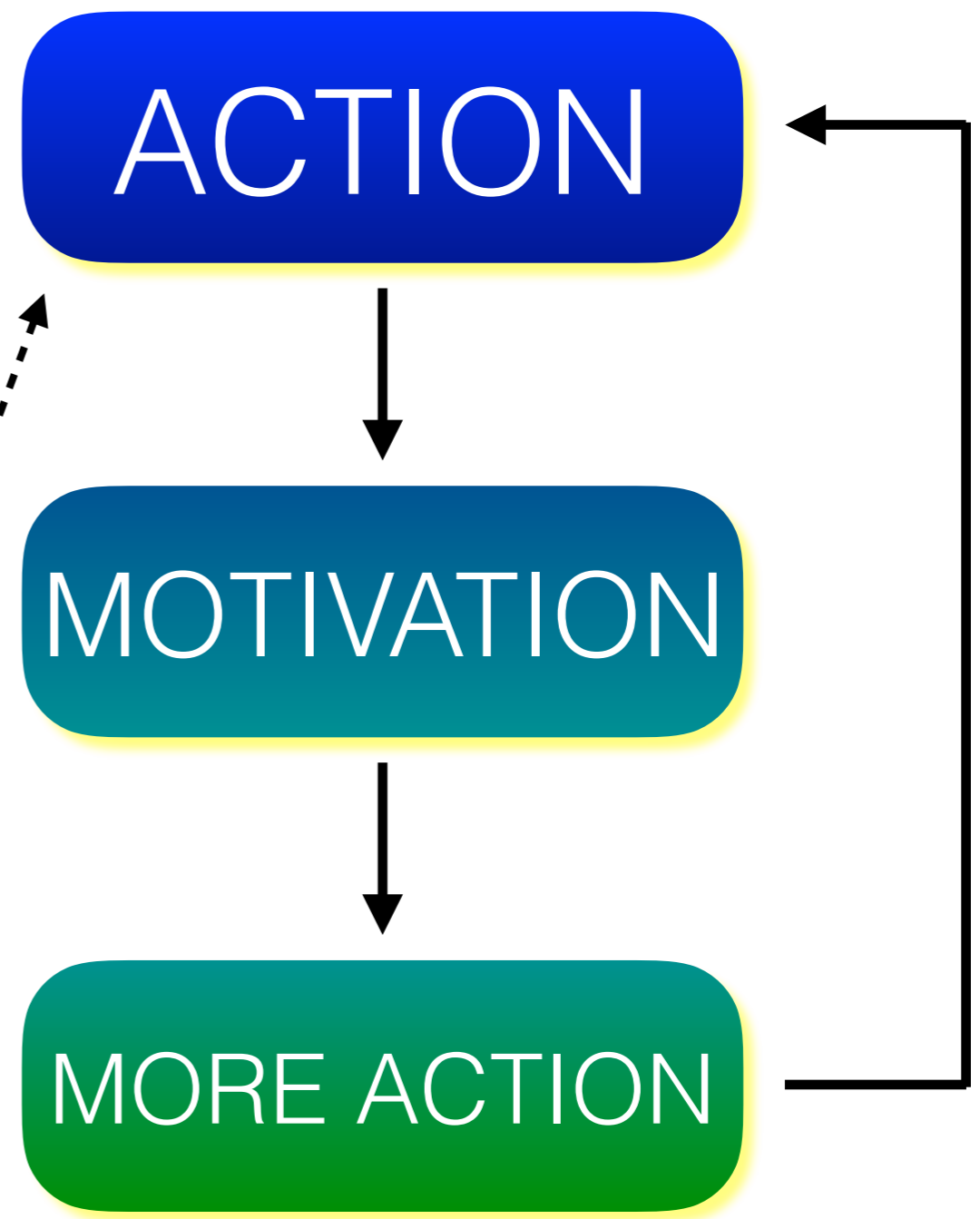
I'll Wait Until I Feel Like It



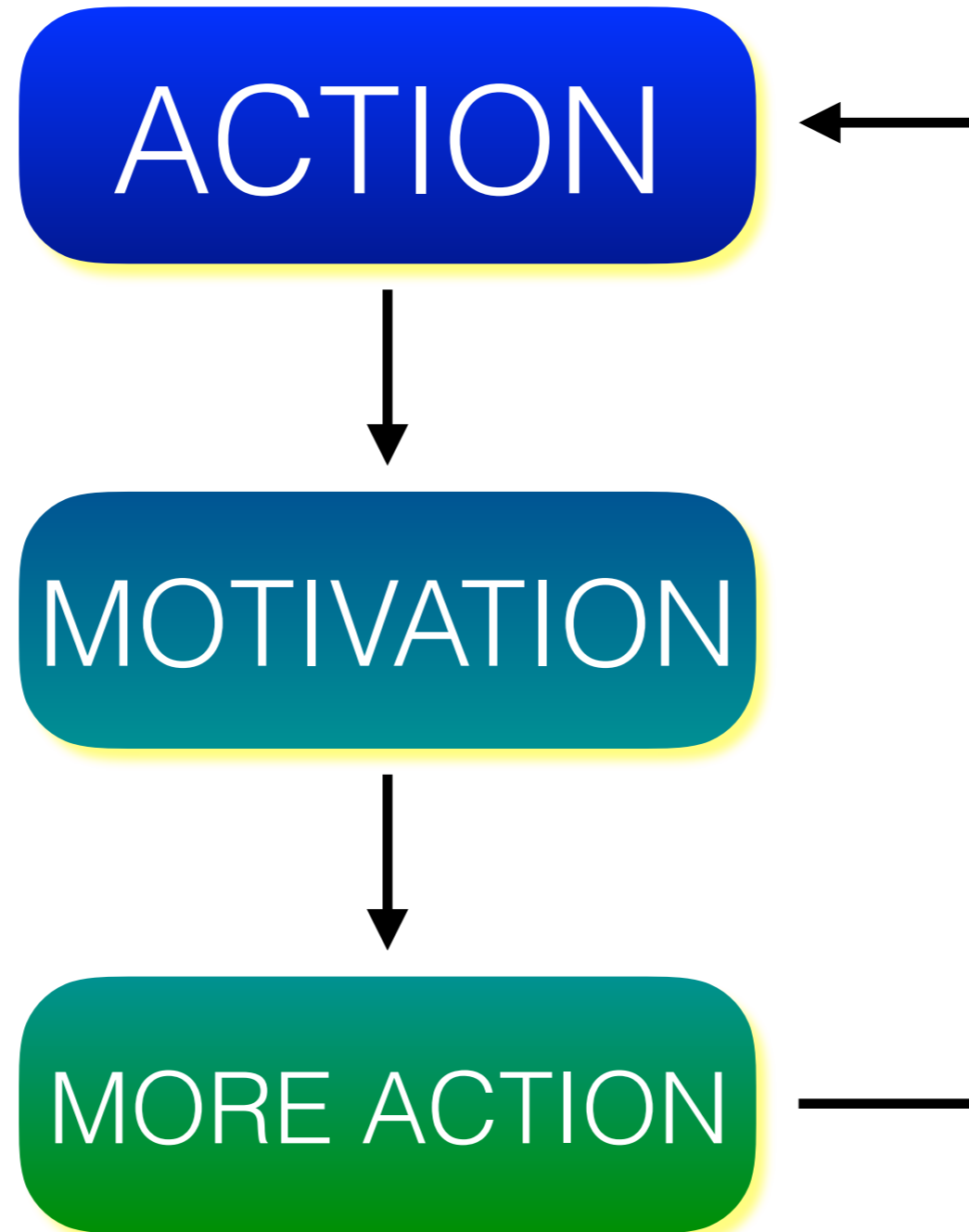
Mood Altering & Motivation



Mood Altering Cycle

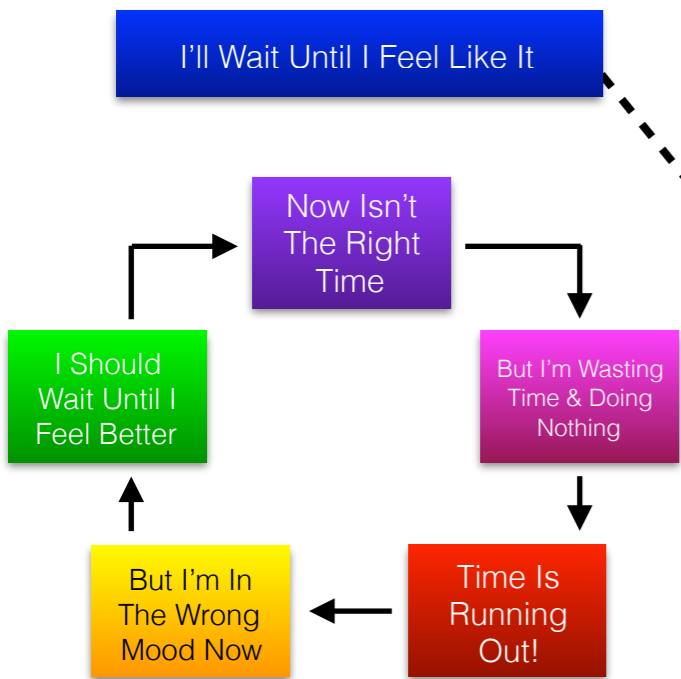


Motivation Cycle

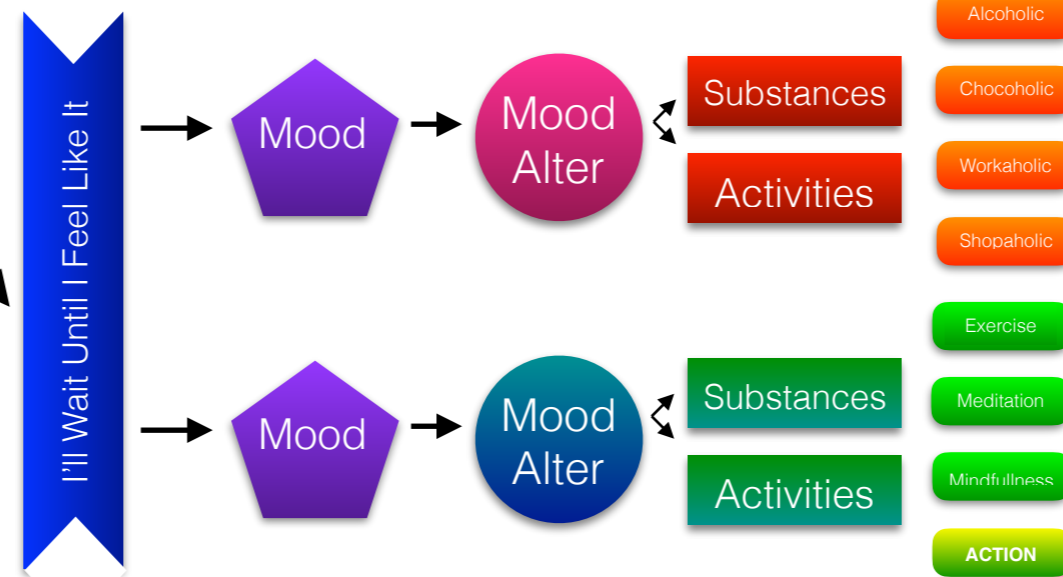


Putting it all together...

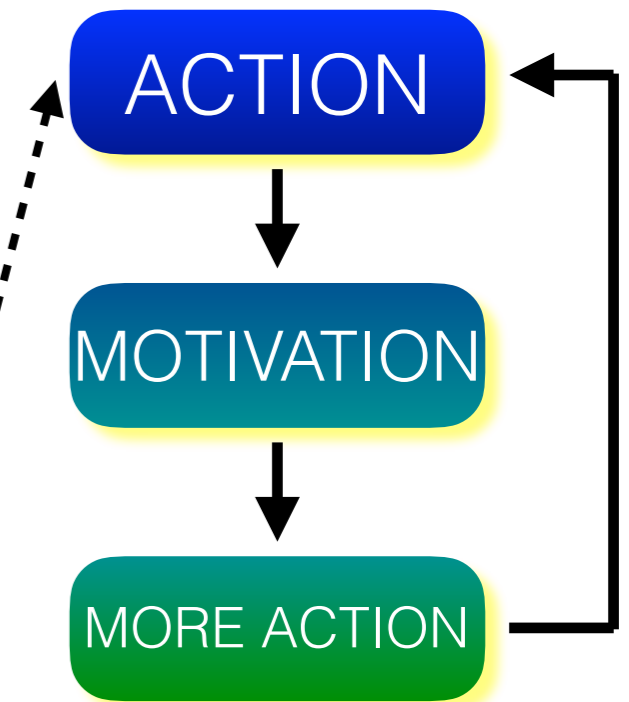
Procrastination Cycle



Mood Altering Cycle



Motivation Cycle



Big Secret # 1

Your **goals** must align with your **values** if they are going to ‘stick’...
...because values craps all
over targets.

It’s nearly impossible to keep looking forward to busting your arse at work (increased income) when you feel the disconnection with your family growing at about the same speed as your midriff...

Big Secret # 2

Continuous education using
spaced repetition
is essential to “re-alignment”
or staying on track.

There’s heaps of good material out there, with more on the way.
Staying in front of the RIGHT material at the RIGHT time - is a time
consuming task in itself.

(We have corporations who pay us to do that for them)

Big Secret # 3

Joining a like minded *(peer)* group who are headed in the same direction as you - is fundamental to maintaining momentum.

The only inspiration that matters to us is the stuff coming from those that we know are struggling alongside us...

P&M, D&A, M&A

Tips for Taking Action

- Break everything down into the maximum number of steps.
- Prioritise those steps.
- Set up a mile post & deadline sequence.
- Organise an accountability buddy.
- Make a 'public' declaration.
- Set up a reward & penalty system.
- Join a group that's **going somewhere**.



“The best way to predict
the future is to create it”

Assignments

1	Create a list of your top 10 values (in order of importance).
2	Figure out what you 'get' from procrastination. Organise a positive way to get that.
3	What is the ideal way to start your day so that you are propelled into action? How do you get this into your daily life?

