SIX PROCRASTINATION HURDLES

HOW TO GET OVER THEM

Ways 2 Work Coaching

PERFECTIONISM	TEMPORAL DISCOUNTING	IRRATIONAL AVOIDANCE	"WHERE TO START?!"	"IT'S TOO HARD!!"	INDIFFERENCE
We don't start because we're waiting for conditions to be "just right" but conditions will never be so. This is also a barrier to finishing projects!	When the deadline is far off, you discount the impending doom and don't get motivated: "Ah, I've still got 3 weeks...." vs. "Crap! I've only got 3 hours!"	Our fears keep us from starting; Fear of failure, some confrontation involved in the doing, etc. But these tend to be irrational and/or untrue.	Particularly with big, complex tasks and projects, we don't know where to start, so we don't. The trick is to start ANYWHERE, and go from there.	We hesitate to start on a difficult task...because it's difficult. It causes discomfort. We're not GOOD at doing it. But it's usually an IRRATIONAL fear.	The task is boring. It's mundane. it doesn't "light us up" like some other tasks do. In the end, we need to find a way to MAKE IT interesting.

HOW TO GET OVER IT

Start with a simple first draft.	Imagine your future self dealing with the "doom" that has come	Ask yourself, "Is the fear valid or just in my head?"	Start tiny and start anywhere.	Ask yourself, "What's hard?" Be specific.	Ask yourself, "What is the inherent value?"

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