

Eliminate Procrastination

Often times we procrastinate on doing something because we feel bad about having to do it such as telling someone something that might hurt them or they may not like or when we think of accomplishing a project or goal, we may become overwhelmed with all the tasks involved completing it. The key to eliminating procrastination is to focus and how you will feel when it is done.

Follow these steps or listen to the guided process to put procrastination in the past.

1. Become present with what you are procrastinating on doing.
2. Check in on how you feel and what you experience when you think about the conversation, project or goal that you are procrastinating on getting done.
3. Imagine a very large panoramic computer screen in front of you. You can make it as large as you want.
4. Create an icon on the computer screen with the image of the conversation, project, task or goal you are procrastinating on completing and take note of the following:
 - a. The size of the icon with the image
 - b. The location of it – close your eyes and point to where you see the icon of the image of what you are procrastinating on doing on your computer screen.
 - c. Is the icon with the image in color or black and white?
 - d. Is the icon with the image clear or fuzzy?
 - e. Is the icon with the image a still frame or a movie clip?
5. Remember the location of the icon with the image of what you are procrastinating on doing on your computer screen
6. Take a deep breath and look up, look down, look to the left and then look to the right.
7. Now, think of a conversation, project or goal that you have completed that you feel good about.
8. Notice how you feel or what you experience when you think about the completed conversation, project or task.

9. On your computer screen create an icon with the image of the task you have completed and take note of the following:
 - a. The size of the icon with the image of the successfully completed conversation, project goal or task
 - b. The location of the image – Close your eyes and point to where you see the icon with image.
 - c. Is the icon with the image that you procrastinating on doing in color or black and white?
 - d. Is the is the icon with the image of what you are procrastinating on doing clear or fuzzy
 - e. Is the icon with the image of what you are procrastinating on doing a still frame or movie?
10. Now, you will notice that the image of the task you are procrastinating on completing and the one you have successfully completed are not in the same location.
11. Ask yourself, do I really want to get this task done that you have been procrastinating on doing? Go within and aske your unconscious mind if there any reason that it be in your best interest to not get it done? Trust the first thing that come up. If nothing comes up, proceed to the next step. If objections arise, then resolve objection before continuing on to the next step.
12. Now that the path is clear go, imagine your panoramic computer screen and bring up both icons with the images you created previously. Take note that they are in different locations.
13. Compare the images

14. Match the icons with the images of the uncompleted project or task to the completed in the following ways: (Matching Distinctions)
 - a. Make the size of the icon with the image of the uncompleted conversation, project or goal the same size as the completed.
 - b. If the icon with the image of the completed task is in color, turn then turn the icon with the image uncompleted task to color. If the icons with the image completed task is in black and white, then turn icon with the image of the uncompleted task to black and white.
 - c. Match the clarity of the icon of the image of the completed task. If the icon with the image of the completed task is clear, then turn the icon of the uncompleted task to clear. If the icon with the image of the completed task is fuzzy turn the icon of the image of the uncompleted task to fuzzy.
 - d. If the image on the icon of the completed task is a still frame image, make sure the image of the icon of the uncompleted task is a still frame. If the image on the icon of the completed task is a movie, make sure image on the icon of the uncompleted task is in a movie form.
15. Now that they have the same distinctions
16. Click image on the icon on the uncompleted task and drag it over and drop it on top of the image on the icon of the completed task and let it go.
17. Now think of the old uncompleted task and notice what how you feel differently and take action now to have the conversation or complete the task, project of goal.