



Stop Sabotaging your Success

4PositiveGrowth

Procrastination and Fear are the Enemies of Success

If I ask you, *'What is causing you to procrastinate?'* what would your answer be?

Too much to do and don't know where to start?

I don't want to do it so I'm delaying the inevitable pain of getting it done?

Well, these are pretty rational causes for procrastination and, having a clear plan, diarising actions, using the five-minute rule (agree to do just 5 minutes and you're away) or, getting the hardest thing done first are all likely to increase your productivity in no time!



However, even though we often have the tools and, know what to do, we still don't take action. Why are we still procrastinating?

Ask yourself, *'Why am I procrastinating?'* and again, *'Why?'* to help dig down to the root cause of your

procrastination. **What is the true driver or trigger stopping you from taking action?**

Often, the real reason we are not doing what we've set out to achieve is **fear**.

FEAR OF FAILURE

FEAR OF JUDGEMENT

FEAR OF BEING DIFFERENT

And even, **FEAR OF SUCCESS**

If you think about it, fear is basically what stops us taking action in many areas of life. **Sometimes it's rational but most of the time, it is not.**

Did you know that there are only two instinctive fears at birth? Fear of falling and fear of loud noises.

All other fears are acquired and learned over our lifetime. So **what is learned can also be unlearned**, particularly if it's not resourceful to us, it's stopping us getting to where we want to be, doing what we want to do and, feeling what we want to feel.

Action cures fear. Indecision, postponement, on the other hand, fuel fear.

David J Schwartz

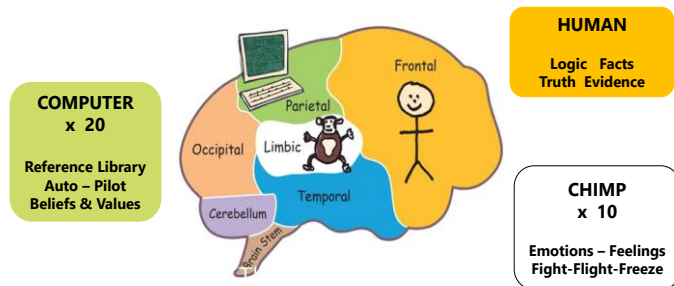
So how do we move beyond our fears, reduce procrastination and, take action?

For more inspiration and information to help you be at your best contact us at 4PositiveGrowth
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AWARENESS

Firstly, awareness is key. Just by reading this post, reflecting on why you procrastinate and considering your triggers, you will have gained a deeper insight into your 'self'. **Awareness and self-knowledge are key in helping us get un-stuck.**

KNOWLEDGE Procrastination = Human v Chimp



KNOWLEDGE

Our brain plays a key role in procrastination and, fear. Dr Steve Peters simplifies this well in my view, in 'The Chimp Paradox' using the model above.

Our 'Chimp' brain is our emotional centre. It can be resourceful to us in generating motivation, excitement and drive but equally, it can cause inaction as it senses fear, triggering a fight, flight or reaction.

Our 'Human' brain, the pre-frontal cortex, is our rational centre of thought and logic.

But, while we know what is good for us and, we know how we should go about it; set goal, make a plan, get to work, stick at it, reach goal, our 'Chimp' brain overthrows us in a state of fear and anxiety.

Our 'Chimp', or limbic brain is 10 times stronger than our 'Human brain'.

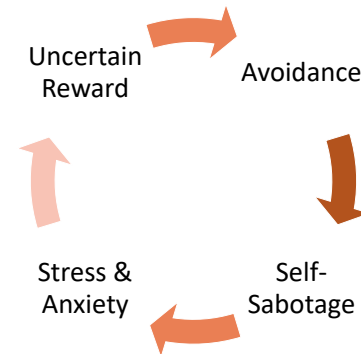
So, rather than trying to control our 'Chimp' it is better to learn to 'manage' our 'Chimp', as it's too strong to overthrow it.

The good news is that our 'Computer' brain is 20 times stronger than our 'Human' brain (so 10 times stronger than our 'Chimp'). It is our reference centre,

our auto-pilot that both the 'Human' and 'Chimp' go to for information on how to act and react.

So, the more resourceful knowledge we store in our 'computer' the more effective we can be at managing our 'Human' and importantly, our 'Chimp'.

Once we understand that we can manage our mind, we can begin to manage our emotions and our actions. Chronic procrastination is a negative habit cycle. **Our emotional brain moves away from fear and towards reward.**



Where rewards are uncertain, we easily fall into the negative habit of procrastination; avoidance, excuses and blame. This is a self-sabotaging cycle of anxiety and stress which increases with in-action.

Building reward into our positive habits will help break this cycle.

We can also break the cycle by getting perspective on our fears and anxieties. We can begin by challenging our assumptions and beliefs.

Get rid of catastrophizing. What are the facts? Ask yourself these powerful, resourceful, incisive questions;

What am I assuming that is stopping me from taking action?

What is true?

If I know this is true what action will I take?

Uncovering new empowering beliefs can help us manage and even **overcome our fears, help us take action and, achieve success.**

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