

The Procrastinators Guide to New Years Resolutions

Procrastination, the word rings true for all of us. Especially at this time of the year when we are all thinking about those news years resolutions. Things we know we did not complete or finish last year are going to get done this year. Well, yes they will if you put your mind to it.

We have all heard of the Aesop's fable "The Wolf in Sheep's Clothing" which goes like this.

A Wolf found great difficulty in getting at the sheep owing to the vigilance of the shepherd and his dogs. But one day it found the skin of a sheep that had been flayed and thrown aside, so it put it on over its own pelt and strolled down among the sheep. The Lamb that belonged to the sheep, whose skin the Wolf was wearing, began to follow the Wolf in the Sheep's clothing; so, leading the Lamb a little apart, he soon made a meal off her, and for some time he succeeded in deceiving the sheep, and enjoying hearty meals. And the moral of the story is: Appearances are deceptive.

And yes they are but I heard the story another way with a little twist to it where the wolf downed the sheep's clothing and laid among the flock until dark waiting to make his move. Well this day the Shepard decided to have a feast of one of his sheep and grab the wolf instead and had him for supper. The moral of the story: Strike while the Iron is Hot.

Had the wolf just lead one of the sheep away he would have had his meal but he chose to wait for the perfect moment and became the meal.

Here are 5 things you must do to overcome procrastination when it comes to getting those new years resolutions done.

1. Just do it, the difficulty is in the decision and getting started, not in the actual doing. And once you get started momentum will carry you through. Just do it.
2. Keep track of your progress. Progress is your measure of success not perfection; don't wait for it to be perfect. Keeping track allows you to move forward and you will begin to see the light at the end of the tunnel.
3. Use creative imitation instead of creative avoidance which is waiting for it to be perfect and your way. Creative avoidance is just another form of procrastination. Instead use creative imitation which borrows from others their model for completing the task. Just tweak it to fit your needs.
4. Strike while the iron is hot. So many times we wait for the perfect moment and do nothing. The moment is now. Instead of waiting until January 1st to start just do it now. Think of it this way, you will have an additional two weeks head start which will give you the momentum to carry you right on through the new year and to completion.
5. Enlist an accountability partner. Find someone who doesn't judge you but will support you in your efforts. Ask them to hold you accountable for the mile stones you set for your self and offer to do the same for them. Then pick the 1, 2 or 3 goals you really want to accomplish and go for it. It is better to complete 1 or 2 than to have 3 or more that never get done.

To your success