

We have all procrastinated at some point. You may tell yourself things like “There’s so many other things I’d rather be doing!” and “There’s plenty of time, I’ll get to that later”, or “I work better under pressure, so I don’t need to do it straight away!”

However, procrastination can become chronic and habitual. You are constantly putting things off until there is a cumulative effect. The more you must do, or the more you don’t like what you must do, the more you procrastinate. Extrinsic motivation is an external drive, to provide benefit to others, gain a material possession or gain an aspiration such as a job promotion. Undertaking tasks that are in line with your goals often gives extrinsic motivation. If you don’t know how you will benefit from the task at hand then you can be unmotivated to achieve it.

Overcome procrastination and lack of motivation

Acknowledge unhelpful thoughts and feelings. Notice the thoughts and feelings you are having that are contributing to your fear and discomfort. Don’t struggle with them or try to stop them. This is how your mind and body works when confronted with stressors and concerns – it generates negative thoughts and feelings! Accept these thoughts and feelings and focus on positive self-talk and action. Change your focus of attention away from your thoughts and feelings and to your values and goals. Take action in line with these.

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Identify your values and set goals. Write

