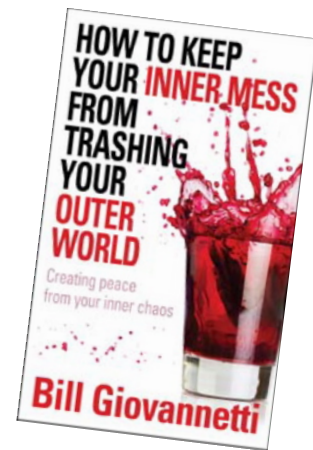


Meet Your

Procrastinator

Profile...

1. Relies on deadlines to get motivated.
2. Puts off work till last possible moment.
3. You have mastered the art of looking busy...
4. ...because you stay busy with secondary stuff.
5. You sacrifice the *important* for the *interesting*.
6. You say, "I work best under pressure."
7. You love distractions, except when your boss *requires* them.
8. You fear failure (or success).
9. You live beneath your potential.
10. You miss deadlines, pay bills later, or ask for extensions.
11. You spend a lot of time checking email, text messages, Facebook, MySpace, blogs, chatting and Twitter.
12. You have a tough time regulating your impulses in areas besides time.
13. Teammates or spouse scramble to cover for your omissions.
14. Indecisive.
15. You have a hard time starting hard projects.
16. Lack of measurable progress on goals.
17. Frustrated by structured workplaces.
18. You confuse a "free spirit" with "never gets stuff done."



Underlying Reality...

Self-Regulation. You haven't embraced your Christ-given power to regulate your choices. Your Inner Mess feels most **NORMAL**, when you're being yanked around the demands of life. You'd rather be a victim of time and other people's demands than a whole person with the integrity of Christ. You may fear success because it sets you up for bigger failure.

Solution

There is no quick or easy solution to chronic procrastination... sorry. Your core healing will come when you embrace your role as the ruler of your own life and world (Rom. 5:17). Through Christ you can exercise dominion over your fears, impulsiveness, and time.

Continued on next page----->

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Meet Your

Procrastinator

Try this...

Next time your Procrastinator detours your life, try these strategies...

1. Instead of tackling a whole project, just tackle the first part, then take a break. You're less likely to avoid a big project if you break it into manageable chunks, and move the mountain one shovelful at a time.
2. Confess the costs of procrastination: losing your testimony, a weakened immune system, insomnia, bad credit, and becoming a burden to others.
3. Identify 3-4 important goals for each day's work. Work on the most important until it is finished. Reward yourself, and tackle the next important.
4. Figure out what procrastination gives you. What are its benefits? Really. Then provide those benefits through healthier channels, so your Inner Procrastinator can loosen its grip.
5. Let go of perfectionism. Embrace "good-enough-ism".

*What would Jesus say to my
Procrastinator?*

Meditate...

- I can do all things through Christ who strengthens me. (Philippians 4:13, NKJV).
- ...Try to please them all the time, not just when they are watching you... (Colossians 3:22, NLT).
- to the praise of the glory of His grace, by which He has made us accepted in the Beloved. (Ephesians 1:6, NKJV).
- The lazy man says, "There is a lion in the road! A fierce lion is in the streets!" (Proverbs 26:13, NKJV).
- not lagging in diligence, fervent in spirit, serving the Lord; (Romans 12:11, NKJV).
- And in every work that he began in the service of the house of God, in the law and in the commandment, to seek his God, he did it with all his heart. So he prospered. (2 Chronicles 31:21, NKJV).
- And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ. (Colossians 3:23, 24, NKJV).