

Are You Plagued with Procrastination?

If you're one of the few people who isn't plagued with the problem of procrastination, then you're blessed beyond all measure. This thief of time can quietly rob you of precious minutes, hours, weeks, months and even years before you realize they're gone. You search for them and wonder where the time has gone, but it's too late.

The task you intended to complete today was put off until tomorrow and there was a good reason to do so, but you can't remember why just now. Procrastination comes in many disguises. It's called rationalization sometimes. You say, "I've been planning to carve out time for the [100PF Academy training](#), but I've started a traditional job. I need to do better with scheduling my time." One can always come up with many good reasons to delay a project.

Procrastination can become a habit and if you keep putting off getting new habits then procrastination will be your constant companion. We find ways to delay a task because there are other things more important to do. Many times these are merely excuses such as checking your email, playing an on-line game or surfing the TV to see if you're missing something interesting.

You must recognize a real reason to delay as opposed to just an excuse not to do something you don't want to do. Ask yourself if that task really needs to be done, and if your answer is yes then get it done and then reward yourself for a victory over procrastination. When the task is complete, step back and assess what you've done to see if it was worth the time and effort. Perhaps you were procrastinating for good reason, but that's rarely the case.

Lack of direction can cause you to procrastinate because you're not sure what to do next. Disorganization could be the father of procrastination. Get organized with a to-do list with the most urgent at the top, and be sure to include [100PF Academy training](#). Make a deal with yourself that you cannot do anything else until you accomplish at least one thing on the list. You can make giant strides with tiny steps.

Huge projects can be daunting whether you're cleaning up your credit or learning how to invest in multi-family real estate. You can't see the light at the end of the tunnel because the elephant is standing in the way.

Cut a slice out of that elephant one day at a time and soon it will be gone. A small manageable task is much more palatable than trying to swallow the entire project. No matter how small the success is, it's another step toward completion.

Make a decision on what needs to be done and do it. Even if you go against our recommendation to take the training in sequential order, at least you've done something. Indecision can cause major delays in both your business and personal life. It's easier to make a decision if you create a list of the pros and cons of what needs to be done. Once you have a clear direction, your mind clears and the path becomes apparent.

Fear of failure can cause procrastination. The failure lies in never getting started. Difficult and dreaded tasks are rarely as bad as they seem at the beginning. We have a ton of resources, a help center, closed Facebook group, and live Q&A calls to support you.

Stop procrastinating today. Don't put it off until tomorrow.

To your success,

Juan Pablo/ 100 Percent Financed