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# SECRETS TO PUTTING AN END TO PROCRASTINATION



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## SECRETS TO PUTTING AN END TO PROCRASTINATION

When we think of procrastination, recycled story arcs come to mind: impending deadlines, ebbing motivation, and the oh-so-comforting slippery slope of I'll get this done tomorrow. But procrastination is more than just delaying a task; it's the comfort zone that robs you of nurturing your dreams—and commanding the trajectory of your life.

In this guide, we will leverage strategies to excavate the real problem preventing you from realizing your life's vision today.

Because if you think procrastination is your problem, you're wrong. And here's why:

### IDENTIFYING THE REAL PROBLEM

Procrastination is a symptom of masking the real problem that underbellies our stagnancy.

Let's say work is hard—you've splintered your attention across too many projects, you're missing your marks, and you're crippled by decision paralysis. Instead of looking inward, you localize blame outward, pointing to a tyrannical boss or an underwhelming partner. These external “problems” insulate you from feeling the pain of a much deeper, more nuanced obstacle: you've grown out of this job.

Your highest self recognizes that you're disillusioned by this field of work. You miss feeling passionate. You want to try something new. But inertia is comfortable. Uprooting your job—its location, comfy salary, and the freshly renovated kitchen it just bought you—is a project too goliath to consider. So you take cover in procrastination's “cozy condo,” diluting real change by addressing cover-up problems that barely scratch the surface.

Journaling is a simple tool to clarify the problem we know we have but pretend not to have. Set a timer for five minutes and reflect on this prompt: The problem that I'm pretending to have is really not the problem I know I have. Whatever comes to mind may provide poignant insight into identifying your path forward.



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## THE PERFECT TIME DOESN'T EXIST

The reality is simple: there's never a "perfect" time to start shit. Even after you probe the real problem, this logic will be seductive; I'll pick this back up when I have less going on or I don't have time for this right now. These rationales feel safe. Why blow up your life now when you could time it "just right?"

But taking action doesn't mean eradicating everything you know. It means feeling safe with change. By taking baby steps—reflecting on why we feel stuck and what we want—we shed the conditions we think we need to make tangible changes. We unfreeze.

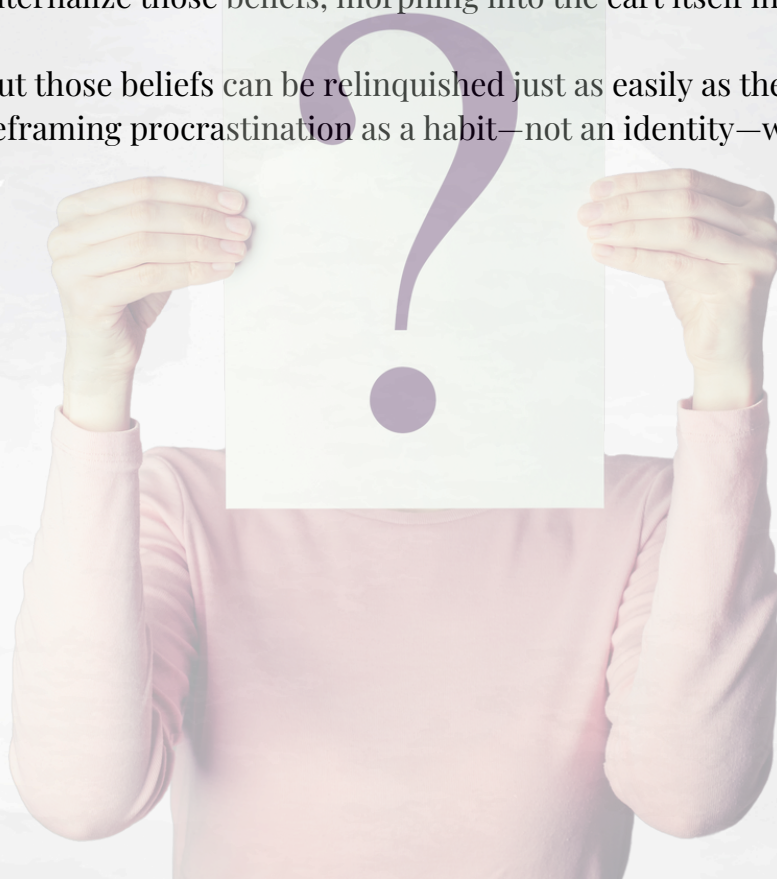
Small steps are still steps!

## SHIFTING YOUR IDENTITY

Maybe you believe that procrastination is integral to your identity. How can you nurture change if you're wired to stave it off?

If this sounds like you, imagine your self-concept is like a shopping cart. And like a shopping cart, our self-concepts are amalgamations of experiences and social expectations that have been "falling" into our baskets for as long as we can remember. Maybe we were routinely labeled as lazy or negligent or "always late." Eventually, we internalize those beliefs, morphing into the cart itself instead of the one pushing it.

But those beliefs can be relinquished just as easily as they weaseled their way in. By reframing procrastination as a habit—not an identity—we reclaim our agency.



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### THE BOTTOM LINE:

Procrastination masquerades as surface-level issues, shielding us from the pain and discomfort of distilling the real problem. Through journaling, introspection, and shifting our self-concepts, we can cultivate meaningful change from a place of honesty. Procrastination is comfortable; growth isn't. **The time is now!**

*For more strategies to circumvent procrastination,  
DM “reinvent” to @marnibattista on Instagram!*