EVADE PROCRASTINATION

by:
Grace V. Magaogao

Benjamin Franklin says, “Never leave ‘till tomorrow which you can do today,” that famous line calls of for every individual who prioritize the value of time we spend against production as the key to success in life. Every individual had the chance to think, decide and act at a will for every purpose implored; depending on daily concerns, problems that have to be acted upon. On the other hand, procrastination gets in the way, possibly due to fear of negative response, failure or dishonour if things do not work out well. Those negative atmospheres put harness in getting enhanced with your goals. Sometimes doing your task in a later time is not always better, for procrastination only delays the inevitable but does not resolve the matters at hand.

Let us stop procrastination it is never too late to do something. Delaying actions will only put you into a terrible dilemma in life. Never let yesterday use up today. To a certain extent we should make your mind up obscurities by means of listing down the things that we can do to evade procrastination.

What are the better ways to avoid it?

Here is a shortlist of getting things on hand:
1. Prepare a list of things that we can manage for a day. Begin from top priorities. Never attempt to do all things we want to do in a day if it is not achievable. Be practical enough to target things that will be done within a day.

2. Put a timeline for activities or things that will be finished for a day. Target time and motivate us to obtain ways to finish our objective as expected and be sure to meet deadlines.

3. Indicate in the list the right person to be tapped to assist in goal setting. Bear in mind that “Teamwork divides the task and multiplies the success,” meaning working in group or consulting other people gives more path for more ideas that might help resolve the problem or realized the goal for the day.

4. For long term goals, a daily progression reminder of problems encountered, things made to resolve problem, result, other things to do to solve the issue, resources or advance actions needed should be properly distinguished until the final goal is achieved is very much needed. Aside from knowing the accomplishment condition, the recording procedure may set as direction for other matters and concerns that happen on the same category and possibly followed in future time.

5. During the setting of goal, pressure, hunger and fatigue, tiredness are expected. This is a time to put some break to keep our mind and body working. Never put-off a meal and enough sleep or nap is needed. Arrange your time properly for such break-time in goal setting timetable.

6. Provide full-hearted attention on duty at hand. Distractions are part and parcel of every tasking. The solution here is to identify the unnecessary distraction and learn to be aware about it and handle it once and for all. At present, networking site consumes a bulk of efficiency hours. Stay away from ogling on in too much. Just think about browsing the internet as a noted
reward as a substitute. Every mission accomplished, there is a pit stop of indulging in social networking or any hobby that we indulged upon. The maximum important here is that we put discipline by following the timeframe allotted for, even the simple word as break-time.”

In the end, the best way that we can do is to have a “self-realization.” Every human being is accountable for every actions and decisions that we are doing. After planning and realizing what should be done, still, the person who is handling the situation is the one who will decide for himself. Self-assessment is not about making your plan possible in an instant but doing and making it what your heart desires through a sense of fulfillment on what the result is, be it a success or a disappointment. At any rate, everybody deserves a second chance. Our experiences taught us to be a wiser and stronger person.

References:

(Swanson, The Real Reasons You Procrastinate and How to Stop, 2016)
(Warrell, Why You Procrastinate and How to stop It, 2013)