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Are you prone to delaying the start of a task? Is there a project that you know you should start, but you can't motivate yourself to start? Are you delaying work that really needs to be done for work or for school? Or do you start something but may not seem to finish it? Maybe you have that nagging voice in the back of your head that you really have to work on a task or project, but you can't motivate yourself. Even if that voice tells you to get going it LOUD, you ignore it, sometimes so much so that you feel anxious about your procrastination. And even if that voice can yell at you to get busy, you ignore it and you don't understand why. Why can't you just seem to force yourself to go? You may have a lot of guilt associated with procrastination and your inner critic may be punishing you because of procrastination. However, even if there may be a sense of guilt and you may be internally beating yourself for procrastination, that may not be enough to get motivated to actually do the thing already! You wonder why you procrastinate, especially if it was a lifelong question for you? When we procrastinate, perfectionism is often an amazing main cause. You may have heard the expression Do it right or don't do it at all. Well, often perfectionists prefer not to do it at all. Perfectionists adhere to incredibly high standards, accepting only the best. Since they exert such pressure on themselves, perfectionists often procrastinate and fail to start a project or task for fear of not being able to achieve perfection. If this can't be done perfectly, they would prefer to just not start at all. In their subconscious mind, they wouldn't quite do something than do it and get results that don't add up to their very high standards. They don't want to risk the chance that the result is imperfect. According to the perfectionist, this is the best alternative not to do something than to do something and the result or result will be of lower quality or standard than they have set for themselves. Perfectionists also tend to spend an excessive amount of time on tasks because they want the result to be just like that. The amount of time they spend on tasks and projects can be mentally or physically debilitating. They will spend time training before work and then move painstakingly slowly when they are working because of their huge focus on getting the job done properly. Then the project or task never seems complete, because it needs to be reworked, reworked, edited, corrected, changed, corrected... It never ends. The perfectionist knows in depth the health how much mental or physical energy it will take to make perfect, so they don't start. Or they start, but become so drained of out trying to get the end result to be perfect is that they get out or stall. They just can't maintain the level of energy they are currently working on. It is easier to stop than to risk that the result will not end as they hoped. If that sounds like you, you may have just had a great idea of yourself. And if you want to be reformed, perfectionist procrastination, you may be wondering how you can free yourself from this model. One way for you to overcome procrastination is to lower your standards. Your standards are higher and further, but you don't understand it. So if you lower your standards, you're working at a normal level compared to everyone else who doesn't struggle with perfectionism. For starters, you have to lower your standards with something easy. Maybe you always make your bed every morning. One morning, don't make your bed. The world didn't explode. Or try sending an email without correcting it in the first place. Just send it as soon as you're done typing your thoughts. Once you've completed a few simple attempts to be imperfect, move on to something more. If you have a presentation to work with, learn a certain amount of reasonable time (much less than usual) to collect the content. You will be amazed at how much you can do in that compressed amount of time. Determine what a bare minimum is for success in a task or project that you've been delaying. Then, start this task or project and get to a minimum to succeed as fast as you can. Tell yourself repeatedly while working It doesn't have to be perfect. It should be good enough. If you work this way often enough, you will find that your procrastination trend will slowly slip away. You break your entrenched makeovers every time you do a task or project well enough. You will realize that you spend too much time and energy on projects and tasks, and that by spending less time, you are actually more motivated to start and finish your goals. And you will no longer procrastinate with a perfectionist, but instead will be much more motivated and happy. Procrastination is really a perfectionism related article so ... you're called a perfectionist. Sure, your friends may joke about your overachieving and highly organized lifestyle, but hey, your perfectionism may have served you well over the years! There is nothing wrong with wanting to do something to the best of your ability and stay organized. You have probably been very good at school and successful in your extracurricular activities. Being a perfectionist might actually lead you to some incredible opportunities over your lifetime. We live in such a more achievement that we would like to praise the perfectionists. Perfectionism is one of those quite perfectly but it's an impeccable trait. There is a reason that the number one answer to the interview question What is your biggest flaw? Is perfectionism. High achievement and excellence are rewarded in the workplace and in society. If you've ever been called a perfectionist, you've probably just laughed it off... I mean, it's kind of a compliment actually. But there is a darker side to perfectionism. One that is often overlooked. There is a strong correlation between perfectionism and anxiety. Often it is the anxiety of surfaces in procrastination. Sometimes procrastination can keep us from being able to complete projects in a timely manner, or even worse leave us to avoid the project as a whole. It's great to set high standards, but sometimes perfectionism can make the tasks at hand seem way unattainable. We can start to feel paralyzed by the overwhelming task at hand when your goal is perfect. This is when we start doing other tasks, maybe more pleasant things that are less overwhelming. The problem is that perfectionism is a fixed expectation. The idea of one person's perfection cannot be universal. Perfectionism is imperfect because perfection does not take into account any contextual factors such as what else is happening in your life. In the real world, the perfect may not actually be achievable at all. Facing these realities can actually leave us avoiding the project completely, or waiting at the last minute and causing more stress when we have to pull all night to do so. Perfectionists are unknowingly masters of the art of procrastination. They can get the job done and then fantasize about how wonderful they would like to complete this task. They then set a standard so high that the attempt to accomplish this task was so overwhelming that they decided to perform other, less meaningful, mundane tasks. Then the deadline approaches, and now the time limit is the perfect excuse not to achieve this unattainable perfection. Unfortunately, the whole cycle can cause a lot of stress and anxiety. Here are some useful questions that may give some insight into whether or not you are struggling with perfectionism: Do I have a problem meeting my own standards? Do I often feel frustrated, depressed, anxious or angry trying to meet my standards? I was told my standards were too high? Will my standards set a task, trust others, or do something spontaneously? Now we all suffer from some level of procrastination, but sometimes procrastination can seem really out of our control and overwhelming. The good news is that perfectionism is not a fixed trait, which means that even if you, your mom and her mom are all Perfectionists in your family, you can still make changes to your thinking and behavior that will keep your perfectionism and procrastination at bay. If you are interested in talking to learn some of these methods call us at (02) 6262 6157 or make an appointment online). Related Reading: Common Features of Adult ADHD What Is ADHD? Stress: How to manage (or even benefit from) it. Postponing it doesn't make it go away. How to do it does. - Ned Hallowell, Driven to the distraction you come out of meeting with your client, full of ideas and energy about what you are going to do next. You commit to a deadline for ideas, proposals, projects - some result to move the project forward. In your opinion, at this point, it's all crystal clear and you can't wait to work on it. You want it to be amazing, fantastic, flawless. Even if your vision is clear and your ideas are solid, you keep delaying the start of the process. The excitement you originally felt is starting to feel like fear. I have to do more research, gather more information, find more sources of inspiration before I start so it can be very good. I'll get up tomorrow - I have time - tell yourself. Finally, it's a day before the deadline. Now you're kicking yourself for putting off it and your sense of self flags along with your motivation to act. And then it's a deadline. Now you're not only beating yourself up for potentially spoiling great opportunities, but also

panicking and stressing to pull it together by the end of the day. I would like to introduce you to twins who have just wreaked havoc on your nerves and your work: perfectionism and procrastination. Perfection is good? Everyone knows that procrastination is bad. But perfectionism is fine, isn't it? Incorrectly. Both are fraught with difficulties, and they tend to appear together, forming an endless cycle that can destroy your performance and your psyche. Of the two, perfectionism seems to be more subtle and difficult to define. How do you determine if you are coaxing perfectionism? Perfectionists tend to focus on the product, excluding this process, and these results are better to be successful. Although they often achieve high results, the feeling of perfectionists' satisfaction about achievement is temporary because they believe that there is always something to do, to be and to achieve. Perfectionists are their own harshest critics, often berating themselves for any little things that went wrong. Perfectionists tend to do things in fits and jerks, starting with gangsters, only to collapse into exhaustion. This unreasonable pursuit of perfection stems from attempts to maintain a sense of self-esteem that depends on the expectations of others. It is often referred to as the highest form of self-abuse because perfection simply does not exist. More importantly, perfection is rarely needed in day-to-day work and life (unless you The most pernicious reality of being a perfectionist is perfectionists procrastinate. Procrastination Hangover Thinker, courtesy of Darwin Bell (CC BY-NC 2.0) Procrastination is often a symptom of perfectionism. Because perfectionists are afraid of being unable to accomplish the task perfectly, they put it down as soon as possible. This stems from the fear that a failure to fail the goal means that there is something bad, wrong, or unworthy within them. In addition, perfectionists fear that failure will provoke criticism or ridicule from internal or external authorities and peers. The greater the fear of failure and ridicule, the more perfectionists procrastinate. To clarify, procrastination is not laziness. Rather, it is an erroneous sense of activism based on a low tolerance for disappointment and failure. When people perceive a higher problem than they feel capable of, they bypass discomfort through a leak. Studies show a cognitive aspect as well: people procrastinate when they consider specific tasks in abstract terms. For example, when you delay a task that seems to take a very long time, only to realize that it took less time than thinking about it repeatedly. Procrastination is easy to detect: Are you doing what you want to do or should be doing, or are you surfing the web/reading Facebook posts/filing documents/doing laundry/running errands? If you answered yes to the latter, you will hesitate. While it's fun to figure out what form of procrastination you're doing, it's more important to determine the cause of your procrastination. There are several common causes of procrastination, including: The complex task of anxiety Fear imperfections Lack of self-confidence Priority Lack of Focus Indecision Boring from trivia It can be further simplified to three reasons why people procrastinate: either they don't know what to do, they don't know how to do it, or they don't like to do it. Why break the noose? Despite the negative effects of perfectionism and procrastination, this cycle of people coming back simply because it is what they know. But it's very important to break the loop. On the one hand, you spend precious time beating yourself mentally, putting off the tasks that you have signed yourself up to do. And by valuable time, I mean it in the biggest sense that you have the fin to the fin to the planet. Do you really want to look at all your friends' facebook posts instead of writing an offer for a potential new customer? Another reason to break the loop is that perfectionism (and procrastination that results from it) is the enemy of creativity, performance and sanity. Because perfectionists are so concerned that the result is correct, they fall prey to risk-averse thinking that hinders innovation and creativity. Ironically, successful actually successful despite their behavior, not because of them. Finally, both perfectionism and procrastination have long-term effects on both mental and physical health. Dysfunctional thinking of perfectionism can be toxic, often leading to despondency, self-confidence and mental exhaustion. Procrastination is also detrimental. Procrastinators not only waste their precious resources of time, attention and attention, but the constant stress caused by procrastination eventually leads to problems such as compromised immunity, digestive problems and insomnia. I want a new drug that I have to choose?, courtesy of The Tori Cat (CC BY-NC-ND 2.0) Because perfectionism and procrastination are products of fears gone wild in the brain, techniques to break the endless cycle of bait and switch tactics that the brain distracts from fears long enough to focus on what needs to be done. Thinking that promotes procrastination exaggerates the scale of the tasks involved, and these tricks work to reduce them back to normal size. When you make an effort to break the cycle, you will be shocked at how much easier the task is and how little task time it actually takes compared to the looming mental images of them. Shift Perception Here are some tips to defeat perfectionism-based procrastination that stems from concerns about how you will be judged or perceived by others: Get in touch with the value of what you do. When you find yourself back on Facebook (again) rather than doing something that will move forward, take a moment to reflect on how the challenges facing fit into the grand scheme of your life. The more significant the task is in terms of moving forward, the less likely you are to procrastinate. Be aware of unrealistic expectations, and break your brain from black and white to thinking about expectations. Consider the best/worst/real exercises: any tasks that you feel compelled to do perfectly (and thus delay), write down what you think might be the best scenario, worst-case scenario, and what is most likely a realistic scenario that will be neutral. Remember that no one else cares and no one matters. Most people are so wrapped up with themselves that they won't notice any slide on your part. Let your desire impress others go, and separate your performance from your self-esteem. Understand the difference between perfection and perfection. Excellence stems from the enjoyment and learning of experience, and the development of trust from it. In contrast, perfection promotes negative feelings from any alleged mistakes made, regardless of performance perfection. Go on well enough, I Courtesy Steven Depolo (CC BY 2.0) When your fears center whether what you produce will be good enough, here are some tips to encourage your brain to think differently: Don't wait for the conditions to be perfect perfect get started. Believe that you have everything you need to attach to the task, and that you will discover any additional resources that you need once you get started. Accept that it will never be perfect, satisficing. When you are satisfied, you strive for satisfactory enough results and nothing more. This is especially useful if you, your team or your company is struggling with it should be perfect before we launch an attitude. Keep in mind that you have to start somewhere. Many ridiculously successful businesses have had a humble beginning, and your project is no different. Keep the Make directive. Keep in mind. You can always iterate at your creation later, but get it at the door - don't wait until it's flawless. By then, it may be too late. Geek, applying the principles of design thinking to your compulsion to perfection. With design thinking, the process is just as important as a product. Instead of focusing on (and fearing failure around) the result, instead focus on the five steps of designing thinking: discovery, interpretation, idea, experimentation/testing and evolution/iteration. Doing any or all of the above will start helping you break perfectionist tendencies, but these next sentences will more directly dismantle the basis of procrastination. Analyze your anxiety to get to the source of your resistance to get to the task you may need to do some analysis. Consider two exercises that can help: Action of Anxiety heading: Take a piece of paper and draw a line in the middle. In the first column, list the tasks you're locked and put off. In the second column, write down the anxiety, anxiety, anxiety, or fears you have about doing the job. Start anywhere and burn as much as you can. Task/Steps of expected problems: Another version of this is to list the task and steps associated with each task and the challenges you expect to face when performing a task or step. Removing distracting pruning from unnecessary can mitigate the overwhelming thoughts and feelings that lead to procrastination: clear the space of distractions, and delegate, drop and remove anything that does not contribute to your goal. Sequester itself. Gather just what you need to work on a task, take yourself out of a normal work environment and go to a conference room, another office, library, co-working space, a friend's house - anywhere where you won't be distracted by your usual routine and the people you know. Firewall technology. Use one of the great apps or browser extensions that block you from the temptation of distracting websites. Turn off your phone's call or put it in airplane mode to block all notifications. Trick Mind Infinite Source of Inspiration, courtesy of interwas (CC BY 2.0) If you procrastinate due to fears of failure, you can Action to cure fear with some of these action-based mind tricks: Imagine you're not going to do it while getting ready to do it. Instead of writing a sentence, just be prepared to write it by writing down a few ideas. While you're at it, you can go ahead and prepare to write it by doing appropriate web searches for supporting information. And so on. Eventually, the line will blur between getting ready for this, and actually doing it. The practice is structured by procrastination: put the most important thing at the top of the list and other important things that need to be done under it. Even if you don't do the top thing and move on to others, you still get important items done. Another version of structured procrastination may be to harness the power of what I would call a white space of creativity. Good ideas often come when engaging in thoughtless activities like washing dishes, gardening and organizing. The trick is to use these actions as tools to generate ideas, not as ways to avoid tasks. Put time on your side of Pomodoro technique, courtesy of Luca Mascaro (CC BY-SA 2.0) One of the main contributors to procrastination is uncertainty: having a hazy sense of how long a task will take usually makes it seem bigger and more involved than it turns out. Creating a better sense of time can help derail procrastination. The first step is to take a seemingly insurmountable task and break it down into smaller pieces or steps. The next step is to determine the time the task will complete on its own, assigning it a set time or giving yourself a quota: give yourself five minutes or ten minutes of focus. You can shoulder over anything for 5-10 minutes, right? Dedicating even a small amount of attention will break the siren call by pushing it and you get on your way to completing the task. Imitui technique poodoro or Merlin Mann (10'2) . Both use having a certain amount of time with one segment is a sprint and the other rest. Pomodoro uses 30m with 25m for sprint, and 5m for the break. (10'2) is a 10m sprint, a 2-meter break five times, equal to an hour. Fill in the quota by launching a dash. Here you can build in your own breaks, but the important part is to determine your quota and stick to it. Maybe it's responding to 10 emails, or doing a 15m sprint, or working up to a certain time. Determine your quota, stick to it and reward yourself at the end. One day for one task: the task schedule, and only that task, on a specific day. Put it in your calendar. Professional tip: combine this with sequestration of yourself (see above). Ready, ready, GO! Once you know the problem, you can start solving it. While and procrastination may have haunted you in the past, now you have the tools to create a new future - not tomorrow, but today. Don't get upset. Keep in mind that breaking a loop is a process. It will take break years of old habits. Don't beat yourself if and when you fall back into procrastination mode. Recognize that you are doing this and commit to try one or more of the tips offered in this article. Determine what the source of your anxiety is around completing the task (s) that you are putting off. Make a commitment to be aware of the thinking that makes you procrastinate. Eliminate as many distractions as possible. Put time on your side with breaking down tasks and devote a controlled amount of time to them. Gifts of Imperfection: Let Go, Who Do You Think You Should Be and Embrace Who You Are, Hazelden, 2010 Procrastination Equation: How to Stop Putting Things and Start Getting Things Done, Harper Perennial, 2010 Now a Habit: Strategic Program to Overcome Procrastination and Enjoying Wine Free Game, Tarcher, 2007 zen Do: The Ultimate Simple Performance System, CreateSpace Independent Publishing Platform, 2012 Thinking: New Success , 2007 Exile of Your Internal Critic, List Beyond, 20 September 2011 Banish Your Inner Critic, Port80 Conference, 16 May 2014 2014 perfectionism and procrastination quotes. perfectionism and procrastination pdf. perfectionism and procrastination book. perfectionism and procrastination reddit. link between perfectionism and procrastination. relationship between perfectionism and procrastination. overcoming perfectionism and procrastination. dimensions of perfectionism and procrastination

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