



VEIL *of* CHANGE

Self Discipline vs Procrastination

THROUGH THE VEIL OF HAPPINESS

Don't Put Off To Tomorrow What You Can Do Today

Self-discipline is the key to success in many areas and a valuable commodity, especially for the creation of new habits. Use your self-discipline wisely. It's always in short supply.

Use it to develop the habits that will overcome self-indulgence or procrastination

Imagine how much you'd get done if you never procrastinated. It's pretty incredible, isn't it?

Procrastination is the greatest barrier to achieving goals and getting things accomplished.

Time is a valuable resource, and procrastination is the greatest enemy of time.

Those who procrastinate the most are also the least effective

Does your most successful friend procrastinate a lot? How about your least successful friend? How about you?

Motivation is easy when you're heading to the beach or shopping for a new car, but it takes self-discipline to do tasks are not enjoyable.

Waiting until the last possible moment to complete a task eliminates the possibility of finding the best solution.

Are poor results what you really want?

You're doomed to experience mediocre results, assuming you're able to complete the task on time at all.

Getting started is the hardest part. Some of us have effective habits for getting started on new projects or unappetizing tasks.

Others have great habits for putting off these same activities and fall for self-indulgence as an excuse for not completing those unappealing tasks.

Develop a habit of taking immediate action

Develop the habit of taking immediate action on any unpleasant tasks. It can be small and simple, but get started! You'll often find that a small amount of momentum is enough to do more work than you initially intended.

Eliminating procrastination improves quality

Eliminating procrastination from your life results in getting more things done. And those things will be done at a much higher level.

If you procrastinate excessively, your entire life suffers. Procrastination results in stress and poor results.

Take control of your emotions and rid yourself of the tendency to procrastinate. Your results will be worth the effort!

Creating motivation is a skill

There are several techniques that can be helpful in creating motivation. The ability to motivate yourself is among the most important skills you can have.

Self-motivation is a powerful tool for creating a successful life. Strive to further develop your self-discipline in order to improve your ability to motivate yourself.

Remember that the most challenging task can be to take the first step. Get started and you'll find that your motivation begins to grow!

Here are a few ideas to help keep you on track to achieving your goals successfully

✓ Do whatever it takes to get started.

It's surprising how motivation can seemingly appear from nowhere if you can just take the first step.

Waiting for inspiration to get started is a mistake.

You're likely to notice that the work wasn't nearly as disagreeable as you thought. You'll probably be impressed with your progress and begin to feel motivated.

Whether it's writing one sentence, making one phone call, or doing one pushup, do whatever it takes to get the ball rolling.

✓ **Make a list of the benefits you'll receive upon completion.**

When you find yourself getting bogged down with a large project, break it down into smaller projects and remind yourself of the goal.

If your motivation is waning, focus on how great you'll feel when the objective has been met

Will you finally have the money to pay all of your bills and take a trip?

Will you be proud to show off your body at the beach?

Can you realise your dream of gaining acceptance into University?

Keep your list handy and review it whenever your motivation is lacking.

