

## **Obstructive Procrastination**

### **By Sheila Hawkins**

There are two types of procrastination: Obstructive and, believe it or not, productive procrastination. Let's take a look at the destructive side of procrastination.

We all procrastinate from time to time for some reason or another and it's usually with the small things we don't want to do, but eventually get around to doing. Or it may be that you procrastinate on a regular basis. There can come a point when it **takes a toll on our lives and keeps us from doing what we really want to.**

People procrastinate for various reasons: poor work habits, various types of fear, overwhelm, think they perform better under pressure or rather be doing something else. Doing so for any of these reasons impacts you and others and over time it can be devastating.

Procrastination is **one of the biggest reasons people fail to reach their goals** and is the number one cause of stress. Stress is caused by leaving too many things undone. Continually putting things off creates considerable stress that eventually shows up as fatigue. But it doesn't stop there.

When we look at the things we put off, we can see how much of our energy is being drained by the stress associated with putting those things off. The time, energy and emotion that is spent agonizing over feeling guilty about putting something off can escalate to the point of having physical symptoms. Research has shown that this prolonged stress can contribute to anxiety attacks, ulcers and can get as serious as high blood pressure and even heart conditions.

Procrastination can impact your life in other ways. Something as simple as putting off opening the mail can have many negative results; missing events, due dates and deadlines can impact your household and your business in greater ways. For example, we all know that not opening utility bills can result in service fees and even disconnection and reconnection fees, so then it **impacts our finances negatively.** Missing a deadline on an important project can impact your business bottom line.

Additionally, it **can impact those around you.** Your procrastination may keep your coworkers from completing projects on time or from doing their job. It may even keep the company you work for from delivering on a project on time or at all, depending upon the role that you play. The price that one pays personally is that of a bruised reputation. Coworkers come to see the procrastinator as someone who doesn't deliver on time or as someone who doesn't have good work ethics. This will, no doubt, have a negative impact.

One can clearly see that **procrastination can impact our health, home and work lives, coworkers and our families.** No matter how severe the procrastination, it can be remedied. To eliminate procrastination, begin by looking for the indicators, then get to the type of procrastination and the reasons you're doing so. Having the understanding of the type of procrastination you're doing and seeing the impact on your life opens the door for you. Getting to the reasons you're doing it is the key to resolving it once and for all.

Are you ready to take action but you're not sure what to look for or the reasons why you're procrastinating? [Click here](#) to gain access to a **free report** on the indicators,

types of procrastination and reasons why people procrastinate. Remember, it's about managing yourself; realizing the undesirable habits and replacing them with habits that support you.

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Services include home and office organizing, time management, productivity training and coaching, event planning and project management. Additionally, the company provides workshops for individuals, business owners and company work teams. Learn more about Third Eye Group by visiting [www.thirdeyegroup.org](http://www.thirdeyegroup.org) or contact them via email at [info@thirdeyegroup.org](mailto:info@thirdeyegroup.org).