



**VISUAL RESOLVE**  
CREATIVE COACHING  
*Overcoming Hurdles One Small & Creative Step at a Time*

## GOING FROM PROCRASTINATION TO BRILLIANCE *with 12 easy tips*

**The 5 primary reasons for blocks are:** fears, resistance/self sabotage, high pressured expectations, negative self-talk and habits - which ALL lead to PROCRASTINATION.

Procrastination can be A GOOD THING. There is a phase in creative thinking where instead of taking action, we need to incubate and percolate an idea. This is where procrastination can be a good thing.. when we are still actively formulating ideas for our projects, and not simply putting it off.



Some people (*like myself*) perform at their best when the adrenaline of a deadline approaches, and they 'strategically' wait until the 11th hour to take action. Often they are surprised how easily their creative thinking flows and kicks in - mainly because they have been working subconsciously on the project all along and/or they are forced to start, which can be the hardest part. (*Waiting until the last moment can have some relation to self-sabotage as well - but that's a whole other can of worms to contend with*) ;)

**Procrastination is most often due to one of the following:**

- 1) **FEAR** - (*of success, failure, exposure, not being good enough, judgement, rejection, frustration, change, responsibility, comparison, inability to translate an idea into reality, and wasting resources like time and money*).
- 2) **Inability to let go** of old habits
- 3) **Feeling Overwhelmed**
- 4) **Low self-confidence**, comparison to others and self-doubt holding us back and
- 5) **Perfectionism** and not giving ourselves credit for what we've accomplished

**Procrastination, when it holds us back from achieving great things, is a form of punishment. So how do we get past this nasty block?**

## 12 WAYS TO OVERCOME PROCRASTINATION

- Be a rebel - stand up to yourself and say so what - I'll do it anyway.
- Make it a challenge - dare yourself to go 20 minutes without a distraction and then give yourself a 5 minute reward
- Write or sketch about your project - just dump what's in your head and create a series of ideas, comments and solutions
- Get organized - tidy up your workspace so you can think clearly, without the clutter
- Break your work into small and achievable steps. This is Kaizen at work - they can be laughable. Just enough to bypass your fear and overwhelm.
- Take a break - set a timer every 15 or 30 minutes and stand up to stretch, get a glass of water or go for a small walk
- Change your environment - different environments have different affects on ourselves and how we do our work. Change it up and see what works best for you.
- Hang out with do'ers. Who we surround ourselves with can have a huge impact on our decisions. By hanging out with people who are go-getters will inspire you to move forward.
- Get the hard stuff done first. Once that's out of the way, just think about how much fun the rest of it will be!
- Eliminate your procrastination go-to's. Do you procrastinate by heading to Facebook.. the TV or folding laundry? Do whatever you have to do so that you don't get distracted.
- Set a finishing date and stick to it
- Tell someone about your goal

Good luck! Want to discuss what procrastination looks like for you. and other possible blocks holding your back from your success?

I would love to chat with you. Just [click here](#) to book a **free discovery call** to see if creative coaching is right for you.

Until next time, wishing you a fun and productive journey xo.

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