

Procrastination



Definition - To put off till another day or time; defer; delay.

To all you readers, I am not sure whether you know this or not but I work at a local coffee shop, not only for financial gain but for the hundreds of connections I come across each day of my life. I meet all walks of life here on a daily basis and get a chance to experience so many different energies.

Now add into this mix, all of you out there that I receive emails from, speak on the phone too or to meet in person via our connection through this magazine.

Wow, that is a lot of people that cross my path on a daily basis.

So before the holidays being who I am, I conversed with everyone in a positive happy way. So I would open a conversation with the usual question that crop up before a major holiday event, "Have you finished all your holiday shopping yet"? The answers I received were an amazing to me.

Yes I know we are in this supposed recession all over but well above 70%, yes seventy percent of the people I asked said no they have not even begun as of yet. Good god people, we are at December 15th with only a few more days until till Christmas.

We have known since our birth that Christmas falls on December 25th where we exchange gifts with family and

loved ones. It comes up every year yet we still opt to procrastinate on our shopping adventures.

Is this what we as human beings have come to in life?

Wait till the very last minute to rush and get everything done. Granted some people accomplish things very well under the pressure. BUT.... from my personal perspective and the reading of many articles on personal growth, this is not a good fit for me. I can do it at certain times but it tends to cause an unwanted amount of stress that can do severe damage to me over time.

As I mentioned, we all know Christmas is coming each year so we budget, plan and set the wheels of our thoughts towards the joyous occasion. Yes it is way down the road but to most people look at this as like a huge endeavor. Now what do most of us say when something like this comes up? Well, if you are like most, you may be saying or thinking I have lots of time yet and pass it off. Or you might say, I will get to that tomorrow or maybe even, I am busy and can not think or do anything about Christmas right now.

Okay, everyone gets the idea here, with all of life's challenges we tend to say that I can do that later. Then later sneaks up to bite us in the you know where. Hence, the last minute shopping etc. I do understand but for me personally in most of my other daily adventures, I not only plan and create stuff a baby step at a time but am usually well ahead of the game.

What is the old phrase?

***How do you eat and elephant?
One bite at a time.***

Placing on my coaching cap for a minute here and I am only doing this for my self growth as I made a personal choice to procrastinate on this magazine and several other projects over the past two months.

I do this magazine every three months with the help of Kat and Mary K and all the contributors.

So where did I fall down?

I used to be able to work extremely well under pressure and I know I still do so why procrastination? I love to connect, I love to write, I love to web design, I love the magazine, I love the feedback, I love expanding myself in thoughts so where did I fall down?

Okay here is what I come up with for my situation and for mine only. When I looked at this without using the question of where did I fall down? I began to look at it from a better thought for me; all things do not always have to be timely.

That felt better to me. Not the negative of falling down but coming at it from another perspective of a timing issue for me. I had to recognize also that there were many other personal extenuating circumstances around me that took some priority in my life during this time. In other words,

I am not beating myself up anymore

and things feel much better to me I basically let myself off the hook and I was totally relieved inside. Wow, did I just say

that out loud. Yes I did, I beat myself up so much I could actually feel the punches hitting. For me it was not a great feeling. I now have grown internally for this new thought that came to me. Note to self, be me and do not ever let me beat myself up.

It sometimes is okay to place yourself in stressful situations, procrastinate until the last minute and get the stuff done. Trust me on this as we all have done it. If we are at the point where this is always coming to the forefront,

it is time to look deep within to see if there is a newer perspective I could take on life.

My lesson was learned that procrastination is not where I feel very well inside.

Yes, The Magic Happens is very late but I am now looking at this from the much healthier perspective, my articles are flowing out like the sun streaming through the treetops into my adventure. This feels so much better for me. I am now just letting it flow rather than demanding stuff of myself.

Take whatever baby steps are necessary in life to get you where you desire to be and feel good about. Yes Christmas will come again next year and if you want stress please go for it. Or if you take baby steps towards a less stressful holiday season or project, go for it. No judgment by me here, just do what works for you. Just make sure it is really working for you in your life. If it is not, it may be time to take a look within you to see if there is an alternative that may work for you.

I took all the baby steps in the directional path I needed to get to the end product of completing this winter edition and several other projects. Yes there was a lapse of time for which I apologize for but it was necessary for me to do so to expand me as an individual. I thank you universe, thank you friends and loved ones for being with me during this time of expansion.

You are all truly appreciated.

Peace and Love

Wayne

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