



Procrastination

Hi! I'm Sharon Jurd and today I want to talk to you about procrastination. Now, we've all procrastinated at some point. Even I have and people say that I'm not a procrastinator. I'm a big thinker and I make decisions quite quickly. I understand what's needed from me and what my team needs from me. So I make those decisions quickly so they can get on and do what they do best. But there are times, and some of us more often than others that we procrastinate about things.

Today I wanted to say to you let's think about what you procrastinate about. Usually there's a theme around what you procrastinate about. If you think about certain things longer than you really should try and group those things and say, "What is it that I actually take longer to think about?" Because there will be a common theme and once you can identify that common theme then you can become very self-aware and say, "Well, every time someone wants me to make a major decision in my business, I procrastinate."

Then when someone comes to you and says, "I need you to make a major decision in the business." You go, "Okay, I know that I normally procrastinate and now I'm going to stop that and I'm going to make a decision quickly." Now people may say, "Oh, you need time to weigh things up because you may make the wrong decision." Sure, you may make the wrong decision and you're going to make wrong decisions all the way through your life and business. I make them everyday. But what I pride myself on is that I made the decision. I took action and I made the decision and so then people can get on. Now, if it's the wrong decision, that's okay. It can always be fixed. Yeah, the whole world might be falling down but you then fix it.

And you go, "Okay, that wasn't the right decision. I've learned from that. I've got the learnings and now I'm going to move forward." If the worst thing you can do is just make a wrong decision and stuff something up occasionally. Happy days! So go ahead and do it because the other ninety nine times that you didn't make the wrong decision it's made your business and life move a lot quicker and things get done and you actually grow a lot faster.



So today, I want to say to you please think about the things you're procrastinating on. Group them up and go, "What is the common theme?" and then be very self-aware of what you're doing. And make those decisions a lot faster so people around you can get on with what they do best.

I'm Sharon Jurd and I'll talk to you soon.