

# Procrastination

## September 25

I used to live by the motto, “I’ll do it tomorrow.” Needless to say, day after day, that “tomorrow” never comes. My inaction says that nothing is important enough to do in the moment and that everything can wait. I remained listless, unfocused, without a sense of purpose in my life.

Procrastination devours all hope of forward motion and strips us of the healthy self-esteem that comes with accomplishing things, so we stay stuck. Balance and the proof that we can improve our lives insist that we get up and practice active-doing.

It’s as simple as that. To cure procrastination, we must *do* something. We don’t have to like it. We don’t even have to *want* to do it.

Our Higher Power gives us the grace to move and we must. Not all at once. A little at a time is fine. Sometimes the fear of falling short of perfection is enough to keep us immobilized.

*Easy Does it, But Do It.* We must do enough to change our mistaken belief that has commanded our thoughts with, “We can let things go indefinitely.”

Like it or not, we do it anyway. When we do, we get to feel emotional satisfaction and experience a sense of empowerment and accomplishment. Some of us make lists of what must be done today and in the next column we ask, “How important is it?”

We deserve to make choices on where and how we need to act. We also deserve to *Take it Easy*, remaining in balance even as we move forward.

### TODAY’S MEDITATION

I am grateful that, although my inclination is to procrastinate and let things slide. Tenacity from my Higher Power lets me dust myself off, pick myself up and take appropriate action. This is recovery at work.

“Amateurs sit and wait for inspiration, the rest of us just get up and go to work.”

—Stephen King