



## PROCRASTINATION – by Marney W. DeFoore, LCSW-S

How familiar are you with saying to yourself, "I need to, but I don't have time. Oh well, I will get a round toit." Well, there is no such thing, folks! We all have the same amount of time each week - one hundred sixty-eight hours to be exact. The question is not, "Do you have time?" The question is "What will you do with your time?"

We are all busy. So what? I read once that if you don't have time now to do something right, what makes you think you will have time to do it later? This has been an important piece of learning for me. I used to struggle with procrastination. Not any longer! Today, if I see it needs to be done, I do it right then and there. I don't tell myself a story in my head saying, "I don't have time" or "I'll do it later." That's a trap and I just won't do that to myself.

So how are you doing in this department? Do you have stacks and piles of papers that need your attention? Do you have a to-do list that is full of old but good intentions and the list keeps getting longer? How does the garage look? What about your closets or your finances? What about your life?

Enough questions. Here are some answers:

- Make a goal to get it done and put a date on it.
- Prioritize the task at hand.
- Make a list of what information or people or resources you will need.
- Set aside a specific time frame.
- When the date and time come, GET BUSY! This is the point where many drop the ball.
- Phones off, blinders on, crank up the music and get it done. Remember, focus!
- Then, stay focused for short periods and take breaks but stay on course.

At the end of the day you will have finally gotten a round toit! Congratulations!

Marney W. DeFoore, LCSW-S is Licensed and Board Certified in clinical social work and supervision by the Texas State Board of Social Work Examiners.



Marney W. DeFoore, LCSW-S  
San Antonio, Texas  
Appointment line: (210) 883-7877