

Overcoming Procrastination

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A survey showed that prisoners believe that successful people are people who has not done wrong things or have done wrong but just not caught or may be just plain luck.

On the other hand, successful people think that success comes from hard work, responsible and not trusting in luck.

“To get where you want to go in life, you must start where you are.”

All change begins with a decision. People do not change because they do not decide to change. Out of the change, you must be dedicated to it.

Decisiveness is the quality to bring change.

Enemy of decisiveness is **Ambivalence**.

Definition of Ambivalence...

1: Simultaneous and contradictory attitudes or feelings towards an object or action.

2: A continual fluctuation ... uncertainty as to which approach to follow.

Ambivalence can turn a good story into a bad ending. A vision and dream into nightmare. It can either make you or break you.

(James 4:17) Therefore, to him who knows to do good and does not do it, to him it is sin.

(Psalms 119:113) I hate the double-minded, But I love Your law.

If you want to be successful life, you cannot be ambivalence – undecided in everything.

*“We need to defeat **procrastination** in our life!”*

H.A.R.V.E.S.T.

Health – *Have you take time to look after your weight?*

Ability – *Have you plan to upgrade your skills?*

Relationships – *Have you reconcile with the person?*

Vision – *Have you made plans for your life?*

Emotional Life – *Have you overcome your anger problem?*

Spiritual Life – *Have you been reading through the Bible?*

Thought-life – *Development of your attitude, becoming a positive attitude?*

People procrastinate because they have this thought that the task is too unpleasant.

9 Steps to Overcome Procrastination

1. Activate your planner

Create a to-do list

2. Break large tasks

Focus on getting each small task done on time.

3. Create Deadlines

Instead of doing it soon, do it by today! Because you will never determine when “soon” will be.

4. Deal with Mess

Be organizing in things that you do.

5. Encourage yourself

Think positively!

6. Face your fears

Do the most difficult ones quickly and the rest of the task will become easy.

7. Goals Review

Review yourself on whether you are making your goals. Deleting your to-do list will give you encouragement.

8. Hang on, don't give up.

Treat failure as a better opportunity to do better for tomorrow.

9. Initiate Now

DO IT! Not maybe you will do it, just do it!

(Ecclesiastes 11:4) If you wait for perfect conditions, you will never get anything done.

So where you want to get in life, you must start today! Do not be double minded.

Money does not grow on tree. But money does behave like a tree. Every money you spend is a seed you destroy. But every money you save, you plant it in the ground and it will bring you back more money in due time.

“The eight wonder of the world is the miracle of the compound interest.” - Albert Einstein

“**Saving**” has two definitions...

1. Spend less.
2. To put aside as a store or reserve. Accumulation of wealth.

Many practice the first definition but never the second. Means if you save \$50 by spending less (1st definition), and yet spend away that \$50, means you are not accumulating wealth (2nd definition). Ultimately means you are not saving.

It is one thing to make a **decision**; it is another to make a **right decision**.

Conclusion ...

A wrong decision can make you go one big round in life and end up with what you initially started.

Be decisive!

Sermon taken from <http://www.bryanchung.sg>
