

On the Daily Dish show, we spoke about Procrastination, and how to break out of this destructive habit.

Proverbs 10:4 says, "A slack hand causes poverty, but the hand of the diligent makes rich."

Sometimes we procrastinate because we fear failure. Other times we don't enjoy the thing that we're procrastinating.

To change it, we have to do things in a structured way.

There are 3 types of procrastinators:

1. Delayers: People who know what to do and have the tools to do it, but who wait to get it done.
2. Perfectionists: These are people who think "If it can't be done perfectly, then why bother at all."
3. Distractibles: These are the people who become easily sidetracked by other activities. Squirrel!

Research has shown that patterns of powerlessness lead to procrastination. For example: having a negative self-worth, denigrating ourselves, being highly self-conscious, comparing ourselves to others in a negative way, and lacking self-control.

The good news is these things can be countered with self-respect, and self-confidence, and by using strategies to improve personal efficacy.

Here are 7 Fix It's for procrastination:

- Brutal honesty.
- Stop the guilt. Instead, create a To-Do-List.
- Change how you describe yourself and the world.
- Stay optimistic and smile.
- Set goals for yourself.
- Reward yourself for the smallest steps.
- Show it off. Post photos, share your successes, and let the people around you cheer you on. This also helps to keep you accountable.