

Simone Janson

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overcoming pro crasti nation

Cure Postponementitis permanently, stop to Postpone Delay Defer or Avoid things, improve Productivity Efficiency & Time Management for Chaotic People



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Overcoming Procrastination

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

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You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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Postponementitis in 3 points: What is actually procrastination?

// By Simone Janson

According to Wikipedia, procrastination, colloquially referred to as "cussing", has the bad habit of postponing necessary but unpleasant work over and over again instead of doing it. What does that mean exactly?

Why cervicalitis is irrational

A habit that seems quite irrational - because of course it makes sense to chop off unpleasant things as quickly as possible. And yet, just about everyone knows the behavior of his everyday life:

The phone call with the customer, who wants to complain and ask for a call back - tomorrow. And the tax declaration has also until next week time. I can also write about the difficult text. Only: Meanwhile the bad conscience is getting bigger.

Procrastination: More than a short-term unpleasure

Undoubtedly, things do not always have to be done immediately, also has advantages: sometimes it is in this way, to avoid unpleasant things, because these are done by themselves. In some cases, it is better to gather more information before you become active. And occasionally, it is even better not to make certain decisions because it turns out to be wrong afterwards.

However: not always the tendency to postpone unsightly things is just a short-term discomfort that will pass again - sometimes there is more behind it. Procrastination can become a serious problem: Anyone who pushes unpleasant tasks ahead of them, instead of getting them done, is soon considered unreliable. Bad for your career and your own self-confidence.

3 groups of reasons

The reasons for the delay are quite different: There are three groups:

1. The one is actually lacking motivation, because the work is stupid and boring. Or because the associated success is too far away. But it also happens that they do not understand the meaning of a task, for example because they lack important information.
2. Other people simply can not organize well: they can not separate important things from unimportant things and can be deterred from their work by every little thing. Or they always keep their deadline too short, because they think they're going to make it.
3. And finally, a third group is afraid of their task, because they have far too high demands on themselves. Perfectionistically, these people expect

themselves to always achieve top performance and equate success with self-worth. As a result, the work gradually becomes an insurmountable mountain which grows with every postponement.

Disadvantages of procrastination

But postponementitis has many disadvantages: "I did not finish because I had too little time" is not a particularly good excuse, if you rather pushed something in front of it, instead of doing it immediately. People who prefer to avoid rather than to act are often seen as unreliable and disorganized by bosses and colleagues. And even the pusher himself soon no longer creates what he has set himself and thereby loses confidence. No good conditions for the career.

Many "custodians" are well aware that their behavior has a long-term adverse effect. However, the power of habit usually works: behaviors that have been used for years can not be turned off overnight.

Caution chronic procrastination

And there is already a technical term for this phenomenon: procrastination. Every fifth person is affected worldwide, as German and American psychologists have discovered.

Chronic procrastination can even become a serious problem: one always takes the time to do the unpleasant tasks at a certain point in time and then lets this moment pass again. This increases anxiety, shame and pressure, and prevents you from becoming active. A vicious circle! If self-conquest, routine, and good tricks are no longer enough to get out of it, you should look for psychological support.

7 Tips against Procrastination

But what helps against procrastination? In a nutshell, these 7 tips, which you should heed against procrastination. In more detail you will find this in the linked post.

1. Ask yourself
2. Just start
3. Talk to your boss (eg because you lack important information)
4. Set priorities
5. Do not be distracted
6. Way with perfectionism
7. Reward yourself for divisional succession

Procrastination of cervicitis and perfectionism: 7 tips against anxiety

// By Simone Janson

"I'll do that tomorrow" - do you say that more often? Sounds easy, but gets complicated when the mountain of work is getting bigger. And with him grows the fear of finally starting. And maybe you even belong to the chronic Prokrastinierern? 7 tips on what you can do about it.

Procrastination - that's behind it!

"Oh God, what I have to do everything I can never do!" Do you know this feeling too? The mountain of work that has piled up in front of you suddenly seems insurmountable. And with him the fear grows.

The best solution would be to simply take small steps to remove the mountain. But many Prokrastinierer are unfortunately also pronounced perfectionists. These are people who want to do everything 100% perfectly and always want to do something great and innovative.

Do not see the forest in front of the trees

As a result - and in extreme cases - soon they no longer see the forest of trees: they soon do not know where to start. Often they do the exact opposite of what makes sense: they suddenly throw away all reason and your schedule, if you have previously set one, overboard and deal with completely unimportant things.

Indeed, they protect business activity in an almost blind action, while they are pushing tasks that are actually priority. In fact, management consultants have found that some exhausted, hard-working workaholic fills up to 80 percent of their working hours with rather unnecessary activities:

Phone calls, unnecessary meetings, transferring documents, or playing around on the computer are among the preferred distraction maneuvers. In many cases, no one checks how efficient a perfectionist really works, and even the lack of meaning behind many of his actions is often not clear.

Causes: How is it with you?

Therefore: be honest with yourself!

- Have not you already caught an eye on the internet while you were lying on the desk?
- And how often have you been talking to your colleague, even though you should urgently call an important customer?