



Beyond the Horizon Procrastination

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Procrastination

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There are two types of people in the world. The first says "Why do today what you can put off until tomorrow? Don't worry, you can get it done later." The second says, "I'd better get started, as it won't get done on time." The second is good at meeting deadlines. If you are the first, you probably procrastinate sometimes. If the second, you likely don't procrastinate.

If your house is dirty, you can look at it in two ways. You can say, "Well it's not that bad. I can clean it later." Or you can say "This house isn't going to clean itself." Cheryl spent 15 minutes cleaning the sink. That led to 2 ½ hours cleaning her kitchen. She had the music playing, got in the cleaning zone, and just did it. This is not an example of procrastination. Quite the opposite.

What do members say about procrastination? "It's my downfall and makes me feel like I'm lazy." "It makes me stressed, unmotivated, and I don't get things done." "I procrastinate because I didn't want to do that school project." "I just didn't have time to do it." "It's too cold or windy to return these books to the library." Just remember, if you think you will do it tomorrow, that tomorrow never comes.

So, how did they remedy the situation? Break the problem into its pieces. Tell other people you need to get it done and they will hold you accountable. Give yourself an incentive to do it, like treating yourself to a banana split. Develop a routine. Set your priorities. Take initiative.

You can do it. Do it today, because you may not have tomorrow.

Procrastination

By Kathy O.

Procrastination is my downfall. I do it a lot, and it makes me feel like I'm lazy. For the most part though, I stay on top of things and follow through. As I get older, I feel like I want to put things off.

I put some things off and am afraid that it isn't going to happen. Then I'm afraid that I won't get things done because of procrastinating.

What I can do about this is to sit down and ask myself, "How important is it?" Then, take it from there. If it's something I really want to do, I can make myself do it a

little bit at a time. I don't feel I have to accomplish everything at once.

Getting started is the hardest part for me, because most of the time I want to keep it simple, and I do nothing at all. This is something for me to work on, and I can use my 12-step programs to help me with this. The answer may not come to me right away, but over time it may. Things can be accomplished in pieces instead of all at once. This makes it easier for me to do and I will be more likely to not procrastinate.

**Getting started is the
hardest part of any project.**



*there is no
TIME LIKE
the
present*

Overcoming Procrastination

By Tommi-Lee S.

I was asked to write an article about procrastination, so I'm going to do it later. (LOL.)

Procrastination is something we all do. It can be worse when you have a mental illness. Sometimes it is anxiety that gets in the way. You might feel like the task is too overwhelming or that you won't get it right. Sometimes depression causes a lack of motivation or makes you tired.

How can you overcome procrastination? Have a plan. Break things up into smaller pieces. Create a reward. Try not to have the reward cost too much and don't pick food as a reward. Track your progress so you can see what you have accomplished and what you have left to do.

Remember not to beat yourself up for procrastinating. Everyone does it at times. Just remember how you felt when you accomplished that task before. If your plan to break it down doesn't work, revise your plan and try again.

Anyone can accomplish a small task. Try it today.

You might feel like the task is too overwhelming or that you won't get it right.



Have a plan. Break things up into smaller pieces. Create a reward.



Try Not to Procrastinate

By Mike M.

I think procrastination means when somebody puts off doing something that needs to be done. Its definition is the action of delaying or postponing something. It's actually a bad thing. If you delay or postpone something, it may not get done on time. It is to keep delaying something that must be done, because it is unpleasant or boring. Basically, it is a waste of time.

Once, I had to renew my registration and plate for my car. I had until the end of the month to get it done. I put it off and got it done at the last minute. If I had waited any longer, it would have been late, and the police could have pulled me over.

When I was younger, after my father died, my mother let me take my father's car to do some errands. I wanted to get home before she went

Imagine a life without procrastination. That would save a lot of people time and distress.

out. I crossed the train tracks at the last minute before the gates came down and before the train was coming. I was pulled over by the police. I was speeding and was also charged with failing to yield going through a yellow traffic light and disregarding a railroad crossing.

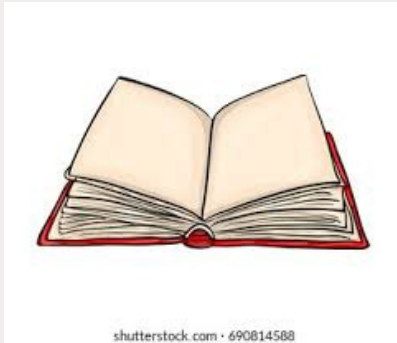
I was going to wait to pay for the ticket, but my mother made me write a check for the ticket right away. If I hadn't paid right away, it never would've been done. So, if you have something that needs to be done, tell other people who can remind you and hold you accountable. If you tend to procrastinate, try to get someone to motivate you to do what needs to be done.

Imagine a life without procrastination. That would save a lot of people time and distress.



My Reading Habits

By John F.



If and when I finish the book, I will get myself a banana split.

I think everybody procrastinates once in a while. I know that I do. I've been meaning to read this book about Ted Williams for the past three months and I'm only a quarter of the way into the book now. I keep telling myself I'm going to read some after dinner, but when the time comes, I don't do it. Why don't I do it? Because I'm procrastinating, that's why.

One way to get myself to read it would be to change the time of day that I sit down to read. I would try to do it in the mid-afternoon, because in the evening I get caught up in watching the Bruins games. Gotta watch the Boston Bruins! With my luck, the day I sit down to read in the afternoon is the day the Bruins play a matinee game in the afternoon.

If I ever do finish reading the book, I'll feel like a big weight has been lifted off my shoulders. I know I can finish it, because I've completed reading other books. With these other books I kept a tight schedule reading for an hour every evening. So, I know I can do it.

I'll give myself an incentive. If and when I finish the book, I'll get myself a banana split.

A Daily Routine Helps

By Nadiia E.



**Having a new routine
will help you stay
organized.**



I don't procrastinate. Everything I do I get done when it needs to be done. Whether it's at Horizon House or at home, I get things done right away. That doesn't mean though that I have never procrastinated. When I was in college, it would take a long time to get papers done. When I had to go to classes, I would stay in the dorm and sleep. I fell behind and almost got kicked out because of my grades. It's not that I couldn't do the work, I just procrastinated.

When I moved to Boston, I was diagnosed with mental illness. I had good support from my team. They helped me organize and take charge. I had to take charge and stop procrastinating. So, the PACT team has been a good influence on me.

Now I do what I'm supposed to do when I'm supposed to do it. I have a routine. It's hard to procrastinate when you have a routine.

In the morning I get up at 7:00am and exercise. Then I have tea. At 11:00am, I go to Horizon House. At Horizon House I have tasks that I accomplish on a regular basis. When I go home, I take a nap, then get supper ready and then I'll watch some YouTube. One thing I'll watch is a Haitian carnival. Then, I'll get ready and go to sleep.

If you want to learn to stop procrastinating, find a support group that will expect you to do the right thing. It worked for me. Having a routine will help you stay organized.

An Important Life Skill

By Rich F.

Procrastination is putting things off. It's like when you have an assignment and you don't feel like doing it right now. So, you put it off until later. If you do this a lot, you'll get stressed, unmotivated and won't get things done. This is a bad thing because if you procrastinate, you may not get things done that are

important.

Sometimes, I might sign up to do something at the Club. Then I'll get distracted and do something else rather than doing the task I signed up for. It's not that I don't want to do it. I get distracted and don't get around to doing that task.

I need to keep my mind on things and work on doing

one thing at a time. I could write myself notes and look at the notes to remind me. I could set an alarm on my phone to remind me when I have to get something done.

If you are like me, getting distracted from what needs to be done, find a way to focus on one thing at a time.



A Tip for Success

By Cheryl R.



I have been meaning to take back the books I checked out of the library. They were due on January 3rd. I make up a new excuse every day to not take them back. I'd say it's too cold or too icy, that it's too windy, or that I want to read them more. I really did wait until the snow and ice disappeared. On the first warm day of spring, I brought them back.

It is bad to procrastinate, because you'll miss out on things you need or want to do. Time goes by and you keep passing by what needs to be done. The days go on and you miss out on things you could be doing.

I want to look for a new therapist. I want to ask my psychiatrist if she can refer me to a psychologist. This keeps getting put off because I forget to ask

her. I'll have good intentions to call her, but then I never do. Each day I am passing up wellness, because I don't talk to my psychiatrist about getting a new therapist.

The next time I see my psychiatrist, I'll ask her about getting a therapist, about referring me to someone. Then I'll be with her in person, and I'll remember. I won't be forgetting to call.

Make things a priority. Before getting your hair done at the hairdresser, put in the time to find a therapist. Do the hard stuff first and reward yourself with the fun stuff. So, I'll take the time to find a therapist, then I can go to have my hair done. Try something like that.

Get all your important things out of the way first. Then you won't procrastinate as much.



Make It So

By Eric L.

Procrastination is putting something off, something that needs attention today. Often people do this because what needs doing is too difficult or they just don't want to do it. Sometimes it's not your fault. For example, if the weather is bad, you may not want to go to a baseball game, so you save it for another day. If there are things you need to get done in a timely manner, then it is much better to get them done then to procrastinate.

If you are a football player and you want to run

for a touchdown, you need to take your knocks and avoid tackles to get there. You can strive to be a champ. You just have to put in the time and effort to get it done.

Like a horse with blinders, you focus to go forward. Don't put off each problem as it appears. Things won't get done by themselves and, if you put them off, they won't get done at all. So, the idea is to not put them off.

Do what you can do today, because you may not have tomorrow.



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Just Do It

By Miriam M.

My dream is to have a business in arts and crafts and photography. I have been waiting to do it online. I've had to postpone it because of work and some lack of confidence. I work fewer hours now, so I have time to do arts and crafts and sell my work. I'll try selling them on eBay, Pinterest and Etsy. I've been told that the more you think about it, the harder it is going to be. So, just do it.

Now, I have the opportunity. I can pursue this dream, but it took a long time to get here. People gave me negative feedback that it would not work. Friends have been pushing me to do it, to sell my arts and crafts. I kept telling myself that I don't have a car to go places like craft fairs. I'd have to depend on rides from other people. I kept telling myself that I don't have time because of work. I believed the negative feedback that I was not good enough to go out in the world and compete with others in this field.

Fewer hours at work means more time. Friends are telling me to do it. The nagging voice in my conscience told me that I was not getting any younger and that no one else could do it for me. All of this together motivated me to get started.



I am motivated to pursue a business in arts and crafts and photography.

Tomorrow Never Comes

By Jennifer M.

Hey, wait a minute. Why put off till tomorrow what you can do today? 'Tomorrow never comes.' These sayings all have truth in them, but speaking for myself, they mean nothing.

For example, I have a proclivity towards buying more than I need (and I cannot afford) and do not have the space for it. I am overwhelmed with a lot of stuff and no room for it. I look around at my stash of goods and tell myself that I am going to organize / donate / throw it away. Instead, I look at the same things I look at every day, with a pile growing every day, and feel absolutely paralyzed. Tomorrow, I will do it tomorrow, I will start tomorrow, tomorrow... If you think about it, tomorrow never comes. There are reasons for

procrastination. Some people are plain lazy, while others, like me, have diagnosed medical / mental health diagnoses that make procrastination a little easier. I do not want to blame my OCD, ADD, or borderline personality disorder as an excuse for some of my procrastinating tendencies, but must be realistic that they are a part of the cause, as well as some of my laziness thrown in. I would be lying if I said that this was not frustrating, but it often feels beyond my control.

I have hope that different therapies like CBT and DBT will help me with this. I will not give up on myself. I have all the empathy in the world for anyone going through this. It can be energy draining to say the least.



**Why put off
tomorrow what
you can do today?
Tomorrow never
comes.**

You Can Overcome

By Mike D.

When I was younger, my mother would have me clean my room and I would put it off. I didn't want to do it and so it would take much effort to get it done. I also would put off school projects until the day before they were due. So, I had a habit of procrastinating when doing certain things.

I procrastinated because I didn't feel like doing it or didn't want to do it. As a teenager I matured. By the end of high school, I would get projects done on my own without being reminded. I saw that other people were doing their work and I wanted to be more like them.

At Horizon House I take the initiative and take on certain tasks, like attendance and helping with the bank report. I take the initiative. I come to the staff, they don't have to come to me, to get things done. This gets me to learn new skills. It lets me complete tasks that need to be done for the Club.

Even though procrastination is not easy to overcome, with practice you can do it. A good way to practice is to come to Horizon House and participate in doing tasks for the units. Working with others in that way will encourage you to get things done.



**Working with
others at Horizon
House will
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get things done.**

