

The Choice Connection

~ Procrastination ... Moving to Creativity and Innovation ~

Constructive Choices, Inc.
Discover and acknowledge your strengths...



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In This Issue

Procrastination... Moving to Creativity and Innovation

Jean's Latest Choices

Jean Recommends

Quotable Quotes

Administrivia

This month CHOOSE TO SAY, "I CAN."... let yourself be uncomfortable... become willing... always with heart

CHOOSE TO... take the lid off the box ... set the switches yourself ... teach others they can, too

CHOOSE TO... be persistent... improvise... know that you won't get more than you can handle

CHOOSE TO... open the door... believe in the magic of life. (from the month of November in "***More Language of Letting Go***" by Melody Beattie)

Quick Links

Newsletter Archives

CCI Web Site

About Jean and CCI

The Choice Store

Articles & Workshops

Complimentary Coaching Intro

Contact Jean

Procrastination... Moving to Creativity and Innovation

There is nothing more difficult than writing about procrastination when you are up against a deadline and are running the risk of living in procrastination. Have you been labeled a procrastinator? Do you know any? Well, if you look out in the crowd, you'll see me sitting in the front row and waving my arm high. Yes, I AM one of those. I am quite use to the conversations where someone finally gets to the asking me, "What are you waiting for, Jean?"



I could tell you to blame it on my strengths. Actually, I would rather you give some credit to my strengths for why I use procrastination. About seven years ago, I gave up feeling badly about what others referred to as my procrastination. I decided there was something to why I was using the art of procrastination for (or so it seems to everyone else).

No excuses now and just so you know, my procrastination comes from my strength of patience. My definition of patience - waiting for the right time and right moment to move on or forward. Add to this strength of patience an unconscious motivation of wanting to have things based in peace and harmony. So to avoid conflict, discord or any uncomfortable situations I will take that additional



Jean's Latest Choices

- Saying 'Not Now'... moving to completion of an intense writing period...
- Volunteering time to professional endeavors...
- Spending time in preparation for data collection...
- Connecting, organizing and lining up all things in the queue.

Quotable Quotes

"Putting off an easy thing makes it hard, and putting of a hard one makes it impossible."

~**George Horace Lorimar**

"Nothing makes a person respond more creatively than a level of discontent that approaches the unbearable."

~ **Anonymous**

"One of these days is none of these days"

~ **Old English Proverb**

"Creativity - With it most challenges can be met. Without it, problems are seldom converted into opportunities."

~ **David Fagin**

Administrivia

My Constructive Choices Audience...

- Professionals wanting to be at choice in their career and daily work
- New Managers (and aspiring leaders) transitioning to establish a leadership role in their communities
- Individuals wanting to sort through the

time to step back, observe, process, feel it out and then finally consider how to move forward and tackle the situation - ONLY when the right moment is in place. My procrastination is usually never about not wanting to do something - only that I am not convinced it is the right time to take care of it.

My procrastination rarely gets in the way of my getting done what I have committed to. I just find that I move toward completion in my own time and space. Yet, even more important, is the that when I procrastinate, my creativity and innovation are heightened. I do my best work when I am forced to focus because I am up against a deadline and starting to move into the 11th hour. All of my energy and awareness is directed toward that one item, event, thing that is going on and in that moment it has 100% + of my attention. Nothing else can compete with what is going on in that moment and I then find I will begin to be more effective and efficient. I will come up with the solutions when I push to that time and space.

I have tried, many times in the past, attempting to complete something long before it is due. The final product shows no spark, emits no energy - it just is. Let's see there was that paper one semester I researched and submitted 3 weeks before it was due - the result, a grade of a C - just average work. Or those times when having finished something early, it comes back to me several times - and each time needing revisions because - it lacks focus. As a result, time and again for those things I force through to completion, what I and others experience is less than stellar work from me. This has happened enough times, that now I mentally put things into a queue an order for when things are to be completed. I know the order makes little sense to anyone else. For me, it has to do with discovering and taking advantage of the best time to complete or finish what I am responsible for. And more importantly, it is all about me being able to engage my creativity and innovation and thus offer a finished product that solves more than just the current challenge and goes beyond what was requested or expected.

If you are a "Just Do It!" person, then a procrastinator may be perceived as the thorn in your side. I would offer that you also have strengths that support the move to get it done - maybe it is your energy, enthusiasm or your motivation to have things correct and right or to demonstrate to others how strong you are. Those motivations are typically not just mine nor the motivation of fellow procrastinators.

There are so many tools and tips on how to stop being a procrastinator. Check them out ... and as you are doing that, take a minute to ask yourself the question, "What's the benefit from my being a procrastinator?" Am I more of a creator, innovator, problem-solver, solution generator, connector, etc? And, finally, how will I also ensure my respect for the needs of others when I am procrastinating, creating, innovating?

Warm Regards,
Jean

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choices, build a more fulfilling life, lift their voices, and...

- Coaches who choose to step out, show up, and say - *YES, it IS all about YOU!*

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Jean Recommends...

* [More Language of Letting Go: 366 Daily Meditations](#)
by Melody Beattie

* [People Types and Tiger Stripes](#)
by Gordon Lawrence
A Practical Guide to Learning Styles. People's behavior often seems randomly varied - but it really follows patterns ... a person's type is not superficial: it is deep in each person's make-up. It is unchangeable as the stripes on a tiger.

* [People Styles at Work: Making Bad Relationships Good and Good Relationships Better](#)
by Robert Bolton and Dorothy Grover Bolton

* [Courageous Training: Bold Actions for Business Results](#)
by Tim Mooney and Robert O. Brinkerhoff