

♥ Snippets of Encouragement #171

Hello darlings

It is day 171 of Snippets of Encouragement, and I wonder if like me you just hate those days when you get nothing done.

No matter how much you try to push yourself, motivate yourself, encourage, or inspire yourself you stew in your own procrastination and do nothing useful.

Perhaps you distract yourself with everything under the sun. It can be any activity from housecleaning to binge watching Netflix.

The whole time there is a running dialogue in your head about what you should be doing but those lead boulders on your feet or your mind just doesn't allow you to move one inch forward.

On days like that I could literally scream the roof off because I feel so frustrated with myself and then my best enemy, my inner critic shows up and has a field day with me.

Here's the thing, screaming is not going to help although it may release the pressure that's building. Having a nasty conversation with yourself is not going to help either because when has shame, blame, or guilt ever brought about lasting, life enhancing changes.

What does help you may wonder.

I find that acknowledging my resistance is the first step in overcoming or passing through it. Yes, procrastination is resistance in one form or another. Of course, we create incredibly creative stories around our procrastination so that we cannot identify it as resistance, but that is what it is.

Therefore, once you've acknowledged that you're in resistance start asking yourself questions. Here's the most critical piece of advice I can give you – wait to hear an answer!

Don't make assumptions of what you think the answer is, or assume you know why you're procrastinating. If you take the time to listen for the answer, you may be surprised about what you discover.

Based on what that answer is, decide what your next step will be. Perhaps you need to reformulate your plan. Perhaps you need to abandon it all together. Perhaps you need to tap into your deepest desire and remind yourself of the



♥ Snippets of Encouragement #171

end goal, perhaps you need to give yourself a good kick in the ass.

Whatever the next step is, I encourage you to take it.

Carl Jung said, "what you resist persists" and I find this to be true. The more I resist my resistance or whatever I am procrastinating over the more it persists. I have learnt to surrender when I am aware of this happening. Simply surrender. Then decide to behave and act differently.

The fact is if we don't make new choices... well you know what happens.

If you can relate to anything, I've said today and perhaps even find yourself in such a situation I encourage you to meet yourself where you're at. Acknowledge how you're in resistance and then choose to release the resistance. In days when your procrastination is at its worst treat yourself with loving kindness and don't attach yourself to your resistance or procrastination. Remember you are not your procrastination. It's how you're choosing to behave for a period of time and fortunately you are always free to make new choices, so release the resistance.

If you've enjoyed reading this snippet of encouragement there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. **SIGN UP** using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.

