



Taking Action: Working Through Procrastination and Achieving Your Goals

Jay Earley PhD

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- Do you forget about tasks you have to do?
- When faced with an important project, do you get distracted or busy with other things?
- Is it hard to discipline yourself to exercise, meditate, or eat well?
- Are you stuck in a rut at work?
- Do you avoid making decisions and taking action to move your life ahead?

With *Taking Action*, you can learn to...

- Get things done without hesitation.
- Stick with a discipline.
- Take action to move your life ahead.
- Feel confident about your abilities.
- Achieve the success you have dreamed of.

If you are one of the many people struggling with procrastination, it is because you are unconsciously avoiding tasks that are important for you. Crucial actions get put off or forgotten. Despite the best of intentions, you can't move ahead with the projects, plans, or actions that would be helpful for your life to work.

Perhaps you keep putting off an assigned task until the very last minute, and then you pull an all-nighter in order to finish it. You pay the price of stress, lost sleep, and doing a poor job because of the rush to get it finished. Perhaps you perpetually finish assignments or projects late, and you lose the respect of your coworkers, teachers, or boss.

Procrastination can cause serious problems in your work or your studies. It can make it difficult to initiate action to change or advance your life. It can **keep you stuck in a quagmire** where your life is on hold, leading to hopelessness and depression.

You may be aware of your pattern of procrastination, but, if you are like most people, you have no idea why this is happening. Consciously, you want to get a task done, or at least you know there will be negative consequences if you don't do it, but somehow it doesn't happen. You may just watch yourself fritter away time and wonder, "What on earth is going on here?"

When you procrastinate, it is because a part of you **doesn't want to do the task** because it is afraid of the consequences. These fears are usually unconscious and come from unresolved childhood pain.

Taking Action will help you to understand what is behind your Procrastination, and more importantly, it will help you **work through your fears** so you can accomplish things. It will help you set up a practice for **overcoming procrastination** and taking action on projects and disciplines needed for your life to flourish.

You'll be able to complete important projects that lead to advancement in your life. You will be able to make crucial decisions and take the risks to change your life. You will no longer be held back from the success you

deserve. You'll be able to **achieve your goals and dreams**.

This book is based on the **Pattern System**, a comprehensive and detailed map of the human psyche.

Taking Action is more than a book. It includes

- * An online workbook
- * An online quiz
- * Recorded guided meditations
- * An online community

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