



**ART OF COACHING PODCAST™ EPISODE 272
OVERCOMING PROCRASTINATION & TASK AVOIDANCE**

What are the tasks that you tend to procrastinate or avoid the most and why?
Are they difficult, boring, or do you lack motivation?

Think of a time when you were intentionally delaying a task. What was the strategy behind that? Do you ever use that strategy to mask procrastination?

Sometimes we can become so caught up in the process and perceived expectations that it handicaps our progress. In situations like this, what parameters do you use to decide if the process is necessary or if you should just go for it?

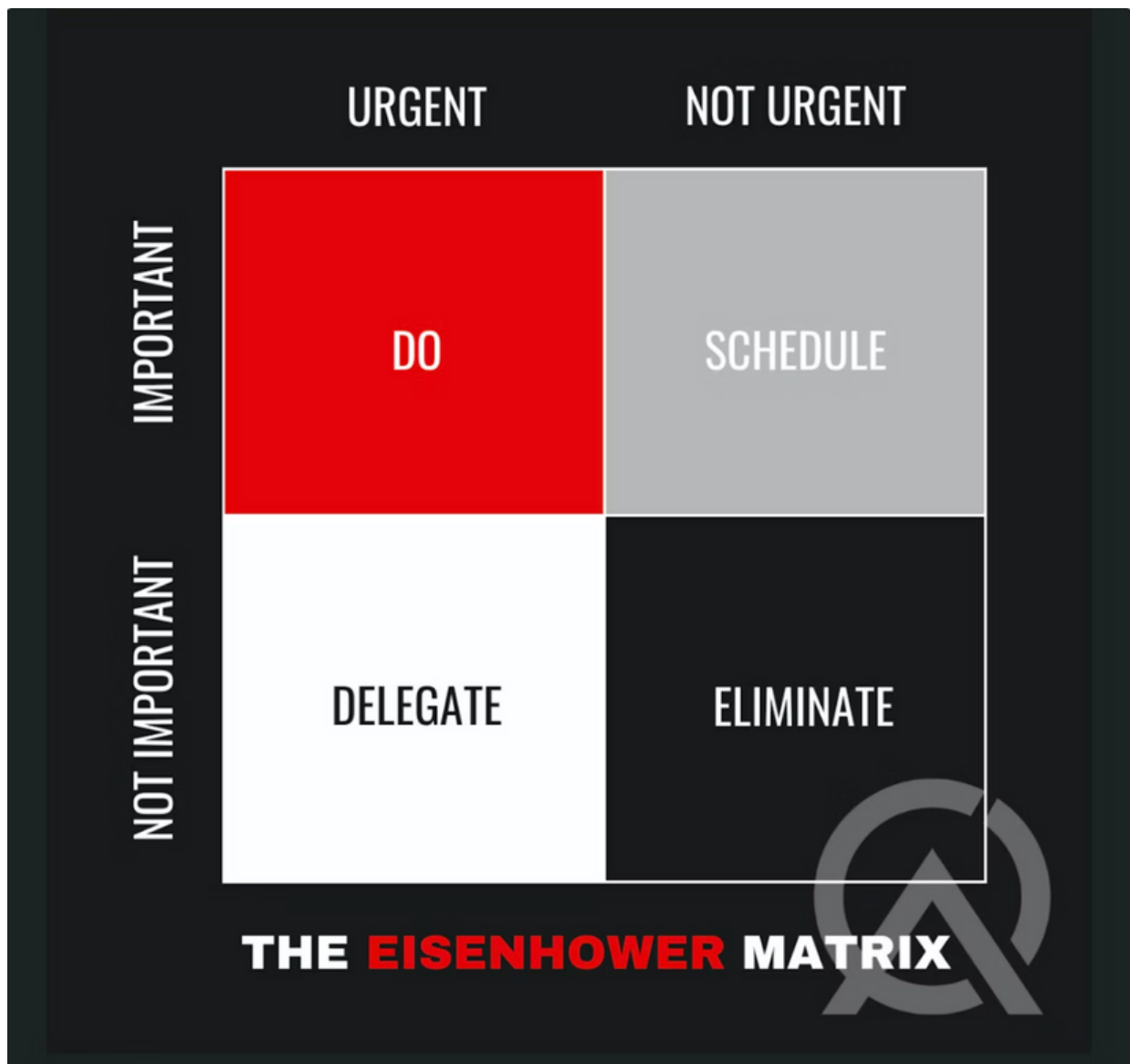


We all have ideas of things we'd like to do, but we don't think we have the capability to do it. Truth is, you won't know if you don't start. What is something you should just start doing?

What is your ideal environment for getting things done and being productive? Take into account the whole context - timing, smells, noise, physical spot, etc.

What excuses matter so much to you that you're willing to let them make you miserable in the long term, always wondering, "what if?"

The Eisenhower Matrix is a helpful tool for task, time, and project management. Where are you spending your time and is it the most appropriate for your goals, responsibilities, and context?





Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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