

Natural Healing Express Weekly

Column Volume259 Why Bright People Procrastinate

This is a fun article for me to write. Why? Because believe it or not, for as much as we get done and how we are always changing and evolving, I have a tendency to “wait” until the time is right. I call this God’s timing. But other people have labelled it as procrastination. And my tendency to give things a bit of time to simmer sometimes aggravates the crap out of people around me. I have always said, well, check your agenda, are you really wanting me to make a decision quickly for my benefit or for your benefit? Sometimes, it’s for both parties, but many times it’s because people feel a sense of urgency or perhaps even loss if things aren’t done exactly on the schedule they expect, regardless of a global reason why. So, that’s God’s time and a woman’s intuition wrapped into one.

Now, procrastination is a bit different. Procrastination is defined as the avoidance of doing a task that needs to be accomplished.<sup>[1]</sup> It is the practice of doing more pleasurable things in place of less pleasurable ones, or carrying out less urgent tasks instead of more urgent ones, thus putting off impending tasks to a later time. Sometimes, procrastination takes place until the "last minute" before a [deadline](#). Procrastination can take hold on any aspect of life — putting off cleaning the stove, repairing a leaky roof, seeing a doctor or dentist, submitting a job report or academic assignment or broaching a stressful issue with a partner. Procrastination can lead to feelings of guilt, inadequacy, depression and self-doubt.

So, why is it that bright people seem to procrastinate more than others? According to David Allen, “Bright people have the capability of freaking out faster and more dramatically than anyone else. Why is that? Because our bodies respond to the images we hold in our minds. It appears that the nervous system can’t tell the difference between a well imagined thought and reality. Bright people have a sensitivity that gives them the capability of producing in their minds lurid nightmare scenarios about what might be involved in doing a project, and all the negative consequences that might occur if it weren’t done perfectly. “

Now, think it through. How many procrastinators do you know that are also perfectionists?

One way to deal with this is ceasing the negative imaging, which will cause your energy to increase. We call this eating the elephant one bite at a time. Or making a three foot toss.

This means intelligently dumbing things down. As George F Nordenbolt says, “No matter how big and tough a problem may be, get rid of the confusion by taking one little step toward solution. Just do something.”

We athletes who were making their mark in the 80’s and 90’s remember Nike’s big slogan with Michael Jordan. Just do it! Well, in a sense, this is what works. Make your actions steps, chunk things down and take that first step. It will calm your procrastination and fears. And, now you know that the reason you even have this issue in the first place is because you are so bright. So, share that with your critics.

I would be remiss to conclude this article without mentioning that my dearly loved Cubbies have made it to the World Series. What a proud time for all of us who have waited a lifetime. On my personal Facebook page, I gave tribute to my Dad who was the man who fostered my love for this team. How many games did we listen to over the radio when I was a kid? Oh, what I wouldn't give to have one more summer day with him, working outside, on the tractor, listening to the Cubs on the AM radio- WGN.

When that double play hit on Saturday night to launch OUR team into the World Series, I couldn't help but think about how many of us have loved ones in Heaven that were looking down on Home Plate. Blessing to all of you multi-generational Cubs fans ! Hey Chicago, whaddya say?

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express

