

Create the Happiness Habit

By Donald Schnell

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Do it Now!

Procrastination has to be the public enemy number one. It is a career killer.

It seems like an easy enough problem to overcome, doesn't it?

When you have something to do, do it now! This idea isn't new, intellectually challenging or in any way detrimental to your health or well being.

But, are you using the "do it now" philosophy? Are you creating the habit of 'do it now'? The "do it now" habit

is a universally accepted foundation of success. You will not find any success author selling, "Do it Tomorrow!" as a way to success."

You can't argue with the soundness of this philosophy if you desire success and personal achievement.

Most people have no difficulty with accepting the idea, the problem lies with the implementation. Right now you have something on your desk that needs your attention. It is a psychic weight that is hanging over you and compromising your ability to bring your full attention to the other matters at hand. When you finish this e-mail you will be able to tackle it and remove it from your life.

Imagine how much better you are going to feel, knowing this problem is now out of your life?

Why procrastinate? Why do we do it, in spite of the nervous tension we feel when we delay?

I believe you need to reset the switch within your subconscious that is purposely turned off to the task. You may have feed your mind unconscious suggestions that the task is going to be unpleasant. And guess what? Your subconscious is making it so.

No one wants to work on a task! It is boring and it is human nature to avoid that which is boring.

You must link your mind to the success and happiness you are going to feel when you put this particular project behind you. Take a minute and invest some emotional energy in the successful outcome of this project and its benefits. Think what you will look like and more importantly, what you will feel like when you have put this project behind you.

When your anticipation and excitement for the completion of the project is greater than your imagined "pain of the task", you will see that procrastination dries up. You have to stop feeding the procrastination beast.

Stop giving your mind procrastination thoughts. Your mind is working perfectly and only providing you with what you've desired, "procrastination".

Imagine you have a "DO IT NOW!" switch within your mind. Turn the switch on.

Stop reading and immediately go to the project and work on it for 7 minutes. A current of ideas, energy and accomplishment will flow in your direction.

DO IT NOW!

Dr. Donald Schnell co- founded with Marilyn Diamond of Fit For Life, the Spiritual Java Coaching Program, that is transforming individuals. The New Spiritual Diet, Incredible Value, Amazing Results.

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