



Ray Edwards Show, Episode 337

The Cure for Procrastination

Female Speaker: Coming up on *The Ray Edwards Show*.

Ray Edwards: Almost without exception when there are deadlines involved, other people are counting on us. When we're late or produce less than quality work, time and time again, we get a reputation for being unreliable, second-rate. A reputation for being unreliable and second-rate can kill any business. *Ray Edwards Show Episode 337*. The cure for procrastination.

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Male Speaker: *The Ray Edwards Show*, this is the podcast for prosperity with purpose.

Ray: Once upon a time in my life, not actually all that long ago, I was a great procrastinator. I was fantastic in putting things off to the last minute. I told myself that the reason behind this was I work best under deadlines and under the pressure of the last minute deadline. While it was true I had a history of doing my best work under the circumstances but the reason it was true is because that's the circumstance I always put myself in. It wasn't really a character trait. It was a habit and I began to be embarrassed by this tendency to procrastinate.

No, let me put it in a different way. I began to be embarrassed by this pattern of procrastination. It was like my motto was, "Anything worth doing is worth putting off to the last minute." That sounds funny but it wasn't really funny. I suspected for a while that I was just wired that way, it's just how I was as a person. I was just born to be a procrastinator but I've since learned that's not the case. Nobody is born a procrastinator. I have beaten the procrastination plague and you can too and that's what this episode is all about. I'm going to give you the cure for procrastination. Stay tuned.

Male Speaker: Does anyone want to live a life that is long and prosperous? *Spiritual Foundation*.

Ray: Let's start *Spiritual Foundations* in the Bible. There's a remarkable verse in Philippians chapter 4 verse 19. I'll read it to you now, "This same God who takes care of me will supply all your needs from his glorious riches which have been given to us in Christ Jesus." Now, if you read that carefully, it's pretty remarkable what Paul was saying. Paul's the one writing to the church of Philippi and he says that God takes care of me, Paul. He'll also take care of all your needs from his glorious riches. God's glorious riches. How rich is God?

He owns everything. He's the richest of all and he says those glorious riches have been given to us in Christ Jesus. We have access to the riches of God. His glorious riches. That's astonishing. When Jesus was on the cross he cried out, "It is finished,"

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and at that moment the wall that separated us from God, crumbled. The curtain that kept us out of God's presence was torn away and God opened up a flood of His grace and poured out on us and grace is unmerited favor. It's not just forgiveness, it's not just getting a clean slate, it's getting more than a clean slate.

It's like getting a clean slate and getting the castle and all the treasure too, on top of it. Much more than you deserve. Much more than you can earn but it's yours freely. That grace just flowed like a river. It's still flowing today, supplying us with whatever we need in this life, loading us up with the benefits of being part of God's kingdom. If you want to know what the benefits are, just go read the benefits package in Psalm 1:03. The essence of God's grace is supply. When you're conscious of the fact that He's supplying that He's taking care of your needs, instead of the demands of the world you're under His grace.

What I mean is when you are aware that God is supplying everything you need, instead of being aware of the demands that the world places on you and the stress and the anxiety it causes, then you're experiencing the flow of His Grace. You're not stemming the tide of his grace with your fear and anxiety. That's when you'll see His abundant provision for every need and every situation. I like to think of it like this, God's grace is an avalanche of abundance. Maybe you're having trouble meeting your monthly bills, maybe you're having trouble finding a job.

Look beyond just the money that you need or the job that you lack and look beyond just trusting God to take care of those things. See Him as stirring up all the giftings and the abilities and the talents that He's already placed inside of you. The greatness the seeds of greatness that He planted in you when you were a baby before you're born even. As you become aware of these gifts and you see God stirring them up, the word of God says that your gifts will unlock doors of opportunities in the right season and will cause you to stand in front of great men. It actually says it will cause you to stand in front of kings. Don't believe that you'll be someone who gets a job because God took care of barely what you needed. Believe that God is also preparing you and growing you and developing you for a position of influence and authority, because that's what he made you for. He made you to stand before kings and have influence in the world. That's all, not because of your prideful boasting or how hard you work, it's because of His grace. It's because His grace supplies more than what you need. This is why, in my declarations every day, I say, "God's wealth flows to me in avalanches of abundance."

All my needs, desires, and goals are met instantaneously with infinite intelligence because God knows exactly what I need, when I need it and when I'm ready to receive it. Let His grace flow and just become more and more aware of how it's flowing in your life. How you're being covered up in an avalanche of abundance. Speaking of abundance and living the abundant life, are you ready to shake off the lies and the limitations that stop you from prospering? Because that is what stops you. With God's grace continuously supplying, what is it that keeps you out of the prosperity you know you're supposed to be living in?



It is the belief that we have in lies and limitations that are not real. As long as we believe they're real, they will limit us. God doesn't want that for you. He wants that you should prosper in all things. He says in His word, "Prosper in all things and be in good health just as your soul prospers." It seems that the key to prosperity, externally is you must first prosper internally. That's what we're working on, at Permission To Prosper 2018. The live event in Franklin, Tennessee July, 30, 31 and August 1. Three days, change your life. You will experience full prosperity, not only in the area of money and finance but in all seven major zones of life.

You worry about the prosperity gospel, because you think it means, "I think that because I'm saving, I'm going to get rich." It's more scandalous than that my friend. I think God promises us so much more than money. He promises us financial abundance and he also promises that He'll give us more faith, that He'll take our health. It impacts the area of faith, fitness, family, fun, finances, friends, and fulfillment. The seven major zones of life. I can think of nothing that doesn't fall into one of those major zones of life. God wants to prosper you in every single one of those areas.

That is the abundant life. It's more than money, it's more than treasure, it's so much more. Join us at Permission To Prosper 2018 in Franklin, Tennessee. Where we will help you construct your own prosperity blueprint to remove the internal conflicts you have about money wealth and possessions. Learn from our world famous speakers including Jeff Goins, who wrote the book *Real Artists Don't Starve*.

You should read that if you haven't read it already, and more surprise guests to be announced very soon. We're going to announce the speaker lineup next week. It's going to be thrilling. You're really going to be knocked out by the speakers we have. Some of whom you've heard of, some of whom you haven't. All of whom will have a huge impact on your life, for the positive. Permission To Prosper 2018 the live event is your key to unlock the vaults of wealth, wellness, and wisdom that will prosper you and everyone around you.

Not just your family, but your friends, your employees, your vendors, everybody you come into contact with will experience prosperity because they're in your presence. Register now at the early bird price which is \$597 per ticket. Prices will increase as we get closer to the event. This is the lowest ticket price you'll be able to get on this event, get it right now. \$597 per ticket. Go to permissiontoprosper.com to register and do it today.

Male Speaker: Now, simple hacks that make life cheaper, easier and faster. Ray's tip of the week.

Ray: My tip of the week, stop saying you have to do stuff. This is a common practice that a lot of us engage in. I caught myself doing this recently. I'm talking about it because I want to be more and more aware of it. It's a bad habit. I was saying, "I have to do certain things." I said it with a bit of resentment in my voice, "Well, I have to go to this meeting. I have to go on this trip. I have to write this thing. I have to. I



have to. I have." That sounds horrible. It's a horrible way to live. The truth is I did not have to do any of those things.

It was one particular afternoon, I was very tired. I had a long to-do list for that day and I sat down on the couch in my office. The next thing I knew, I fell asleep and I was asleep for two hours and I didn't get any of that stuff done that I was worried about getting done that day. I just went home. Guess what, I didn't have to do any of it. The world did not end. It didn't stop spinning on its axis. No industries collapsed. I woke up the next day rested and healthy and feeling much better about things. I got everything done that needed to be done.

The point is, I did not have to do any the stuff that I kept telling myself I had to do. When you tell yourself, "I have to do this.", it feels like an imposition, it feels like you're being forced to do something. It implies you resent doing it, you would rather not do it if you could get out of it but you have to do it. Does that create the best feelings inside of you? Does that create the best state in which you can get things done? Does that create a state in which you can get the most joy and happiness and peace from life? Of course not. It makes you impatient, it makes you angry, it makes you resentful, it makes you unpleasant to be around. You don't have to do anything. You don't have to show up for work today, you don't have to put on clothes today, you don't have to shower, you don't have to brush your teeth. If you don't do those things, you will suffer the consequences or enjoy the consequences depending on how you look at it. You don't have to do any of that stuff. You just have to be aware that if you don't do the things that are on your list, there will be a result.

The result may be painful, it may be pleasurable, it may be neutral. The next time you find yourself saying, "I have to do this." Ask yourself these three questions. Number one, ask yourself, "What if I don't do it? What happens?" Usually, the answer is nothing. That's what happens, nothing happens. If that's the case, ask yourself question number two, "If nothing happens that I don't do this, why bother? Why not just leave it alone? Why not never do it?" That's a good question worth asking. It will remove a lot of things from your to-do list, promise you.

Question number three, "If it does need to be done, who else can do it?" Notice I didn't say, can someone else do it? Because that invites the answer, "No, only I can do this." I ask the question, "Who else can do it?" What if you got hospitalized today and you couldn't do any work at all? Would work still get done at your company? You bet it would. Somebody will step in and take over. Some things would not get done because it didn't really matter. The things that do matter would get done by somebody most likely. Who else can do it? Then have them do it. You don't have to do anything.

In fact, I would encourage you to use different language. If you're going to do something, if you decided, "Well, I'm going to do it. I don't have to do it but I'm going to." Just say this, "I get to do this." We live in an age when most of us can choose what we do to make a living. Most of us can choose how much money we want to make, most of us can choose the work that we do. That is a privilege, we get to do



these things. Let's be grateful for it and if we are truly grateful for it, we'll feel a lot better about life in general.

Male Speaker: Now, our feature presentation.

Ray: The cure for procrastination. Procrastination is not a virtue, so don't say, "I'm one of those people. I do my best work under a deadline. I procrastinate until the last minute, then I do the best work I possibly can." That is not true. Come on, let's you and I be honest with one another right now. You may be really good at doing stuff last minute, may do really good work at the last minute but if you had more time, and you took more care you can pay more attention to detail, isn't it true you'd do a better job? You know it is. Procrastination is not a virtue.

It is also not a permanent personality trait. It's not something you're born with. It's not a genetic disorder. It's not like the color of your hair or the color of your eyes. You're not born as a procrastinator. If you tend towards procrastination, here's why. I'll explain why real quickly. The only reason you procrastinate is the act of doing the thing that needs doing feels more painful to you than the consequence of not doing it. That sounds overly simple but it's true, think it through with me and see if you don't already believe this. Let's think about your taxes.

Taxes were due here recently in the US. Many people waited until the last minute to do their taxes. They thought about it, they worried about it. It kept popping up for weeks and weeks maybe months ahead of time. Finally, two days before filing day, something flipped a switch inside of them and they said, "Oh, my Gosh, I got get my taxes done." They did it in two days or 24 hours or 12 hours and it was done. What happened? Suddenly, the consequence of not paying your taxes became more painful to you than the pleasure you got for not doing it.

It became more real to you. That's really the distinction here. The pain of putting it off needs to become more real than the pleasure of putting it off. How does that happen? Let's go through the cost of procrastination. First, before we get into how to fix this procrastination problem, let's look at the cost of not solving the problem. Because it is going to cost you in a big way, in many big ways. Let's go through the pitfalls of procrastination. Number one, missed deadlines. Customers, clients, vendors, they're all counting on us to complete a task or a project but when we put it off and we procrastinate to the last minute, we fail to meet the deadline. That hurts other people and they remember that you hurt them.

Even if they're very gracious, they're very forgiving, they're very kind. They remember, "Oh, you let me down one too many times." Number two, procrastination results are hurried or sloppy work. We fool ourselves into thinking we're good at deadline work, that we do our best work when we're under pressure, but it's not true. When we postpone a project to the last minute then we rush to try and finish it, our work tends to be second-rate and you know this is true, in your heart of hearts. We miss details, we can't give the project the attention it deserves. We can't rethink it, we can't revise it. We can think of better ways to do it only after it's done and it's too



late then. Hurried or sloppy work is the result of procrastination. Number three more stress. Who wants a big old bowl of stress? When you put off an assignment to the last minute, you are sentencing yourself to a life of stress until that assignment is finished. This is something that copywriters and designers know particularly well. Anybody who works under a deadline by assignment knows the stress of putting it off to the last minute. Under stress like that, our relationships suffer, our attitude suffers, our outlook on life suffers. Ultimately, our health tends to suffer as well.

Increased stress is not good for anybody. Number four, a pitfall of procrastination is missed opportunities. Entrepreneur Victor Kiam wrote, "Procrastination is opportunity's natural assassin." Let me repeat that, it bears repeating. "Procrastination is opportunity's natural assassin." When we put off things until the last hour, we're unprepared to take on new opportunities that present themselves and they do come up. During the process of working on one project, you'll find other projects that are available that stem from that project. If you're not done project number one, you'll never get project number two.

You're stuck trying like mad to finish the obligations that have been pulling on you, that have been piling up. The new and exciting stuff has to pass you by. You may not even notice it. How many times have you heard about a great assignment or a great opportunity only after it was too late to take advantage of it because you were so busy trying to meet that deadline? Procrastination costs you opportunities. The number five pitfall of procrastination is living in the feeling of being defeated all the time, a defeated attitude. Eventually, the consequences of procrastination catch up with you and you get to feeling down.

We feel badly about ourselves, for all of our missed deadlines, the stress we've caused ourselves for causing other people stress, for letting other people down, for developing a reputation for letting people down. We feel defeated. We find it hard to climb out of that hole that we've dug for ourselves. If you ever struggle with depression, this is probably part of the picture. In my experience, talking with lots of people and having experienced depression myself, I can tell you part of it is, when you get depressed you tend to procrastinate and that causes more depression. It's a vicious cycle.

One way to help prevent depression is, you work generally. I know it sounds like something your dad would've said but he was right. Finally, the pitfall of procrastination that is probably the most costly is the damaged reputation it results in. Almost without exception, when there are deadlines involved, other people are counting on us. When we later produce less than quality work time and time again, we get a reputation for being unreliable and second rate. A reputation for being unreliable and second-rate can kill any business. As you can see, there's a long compelling list of the dangers of procrastination but what causes it?

I already talked about one of the primary reasons for procrastination as a habit pattern. That is the pain of doing whatever needs to be done seems more real to you than the pain of not doing it. We've already covered the cost of not doing it.



Hopefully, we've eliminated that problem. What are some other causes of procrastination? Habit is a cause. Just being in the habit of procrastinating, a lack of planning, misplaced priorities, distractions, a lack of self-discipline, fear of failure, fear of success, fear of the task itself, being unsure where how or where to start on a project.

All those reasons and more, can help lead us into the trap of procrastination. Those are some of the ways you can get into it. How do you get out of it? Let's focus on the cure for procrastination. That was the promise of this episode. The cure for procrastination is six parts. Number one, only take on projects that fit. One of the things that promotes procrastination is taking on projects that don't fit our mission, our values, or what we enjoy. Accepting projects like these just because we get a check, makes us regret it later and we drag our feet and we procrastinate and in the end, nobody is happy.

Don't take projects that are not a good fit no matter how much you need the money. Number two, get it on the calendar. Put your projects, your tasks, your appointments, and any other crucial dates on the calendar so it's easy for you to monitor and stay on task. This is vital for breaking a procrastination habit. If it's not on the calendar, it probably won't happen on time. Put it on the calendar, every major step. Number three, prioritize your tasks. Check that calendar often to figure out what's due, when. Figure out which projects take priority and tackle them in their priority order.

In other words, do the most important thing first. Make a list every day and every week of what you need to complete to stay on track. I did say every day. Rewrite that list every day because things change, priorities change. You need to be on top of what the current priorities are. Make a list every day. Number four, anticipate and eliminate distractions. This takes self-discipline. We, especially have to resist the temptation to run after those shiny things that pop up and try to distract us from what's really important. You know what I'm talking about. Facebook, I'm looking at you. You know what your distractions are going to be, don't you? One trick that'll help you master this problem is schedule your distraction. If you love to get on Facebook, schedule 30 minutes at some point on your day when you're allowed to get on Facebook and do whatever you want for 30 minutes. After that, you've got to get back to work. Maybe you schedule a couple of Facebook breaks during the day.

You got your distraction time scheduled. You don't have to worry about it, you know you're going to get to do it but you have to work until then. Schedule your distractions, anticipate them, eliminate them or sideline them. Number five, follow through with action. Action is the antidote for both procrastination and fear. You've taken all the above steps, now follow through. This is what I do in the beginning of a project to keep myself in momentum. When you accept a project, start the document for the project that moment. Even if it's just a Word file with the title on it, start the project right there and then you've begun. Begun is half done, as the saying is. Action, never leave the scene of a commitment without taking an action to reinforce that commitment.



Finally, number six, and this is important, get help when you need it. Sometimes, a project ends up being just too big for us to handle ourselves or maybe the project involves an expertise that you're not really on top of. If so, partner with somebody to help you and do this early enough that you're not dragging them past the deadline as well. They'll thank you for it. They'll thank you for the work, they'll thank you for not dragging them into an impossible deadline situation. Let them know early you're going to need their help.

Procrastination will ultimately kill your joy for your work. It will. It'll destroy your relationships. It'll undermine your business. If you tend to work procrastination, don't put off following through with these cures for procrastination. [chuckles] See what I did there? What's the next thing on your list that needs to be done? What's the deadline pressure item that's on your list right now? Take some action and get moving. Go back to this episode look at these cures, these steps for curing procrastination and eliminate procrastination from your life because it's not helping you.

What about you? Do you have some good cures for procrastination? Some good tricks that you use, mind hacks that help you not procrastinate? Share them with a comment at rayedwards.com/337, that's because this is episode 337 of the podcast. That's also where you'll get the show notes, the links to anything I've mentioned or recommended, the transcript and a whole lot more. This week's quote worth note comes from entrepreneur Victor Kiam who said, "Procrastination is opportunity's natural assassin." Don't let procrastination assassinate your opportunities. If you found this show helpful, then give us a rating and a review in the Apple podcast app. Until next week I pray that God does more for you than you can ask or even possibly imagine. Peace to your house.

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Male Speaker: [unintelligible 00:23:21] We bring you a message of prosperity with purpose and freedom. Remembering the true freedom is available to all through Jesus Christ.

[00:23:35] [END OF AUDIO]