

# 10 Steps to Stop Procrastinating

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**P**roductivity, a.k.a. “getting things done,” has many enemies. TV shows, beautiful, sunny days with white, puffy clouds, long phone conversations, and surfing the web without a clear reason, are all productivity killers...for me at least!

I can hear a few of you saying, as in Aesop’s old grasshopper fable, “Wait a minute! Why care about being productive—it’s summertime!” By being productive, we can get out to play more quickly, and our life can stay in balance. But if we choose an activity to avoid necessary work, that’s procrastination!

We may avoid physical work, because we are tired; emotional work because we are depressed or sad; mental work because we have lost focus; or energy work because of the heavy influence of negative energy fields around us. Procrastination tells the Universe we are not serious about our intentions and therefore, we won’t get results.

## 10-STEP CURE FOR PROCRASTINATION

**1. Know Thyself!** If you are prone to procrastination, do a little self-examination to find out what provokes it. Then create a road map or action plan to use when you start to stall out.

**2. Just 15 minutes!** If you can’t get over the procrastination hump, tell yourself you’ll just devote 15 minutes toward your goal, and then you’ll give yourself permission to play. Once you start, you’ll probably be inspired to continue your work.

### 3. Clarify your intention!

Sometimes we procrastinate because we can’t decide which of our many projects to give our time and attention to. Take a deep breath and go inward for a second... Clarify your intention for the outcome. Then ask,

“What is the next step to take to manifest my intention?” The answer will come to you.

**4. Declutter!** Who can think clearly in a space full of clutter? If you can’t seem to get started on a top project in your life, declutter and you’ll find new vigor and



## The Ants & the Grasshopper

**I**n a field one summer’s day, a grasshopper was hopping about, chirping and singing to its heart’s content. Several ants passed by, bearing along with great toil a stalk of wheat they were taking to their nest.

“Why not come and chat with me,” said the grasshopper, “instead of toiling and moiling in that way?”

“We are helping to lay up food for the winter,” said the ants, “and we recommend that you do the same!”

“Why bother about winter?” said the grasshopper; “I have plenty of food at present.” But the ants went on their way and continued to toil. When the winter came, the grasshopper had no food, and found himself dying of hunger, while he saw the ants distributing every day the grain from the stores they had collected in the summer. Then the grasshopper knew...

“IT IS BEST TO PREPARE FOR THE DAYS OF NECESSITY.”

**AESOP’S FABLES** ~ Sixth century B.C.

focus for productivity.

**5. Feel your emotions!** If you aren't acknowledging your feelings, productivity can be brought to a dead stop. Tune into your heart and just notice the qualities that are there. By noticing what you are feeling, blocking emotions begin to move and clear on their own.

**6. Clear your energy field.** When the world's negative energy is influencing your field, you lose focus and productivity drops. To stay clear, get outside in nature every day, exercising vigorously, pray or meditate to access a higher source of power, and take a salt bath or salt-scrub shower periodically. (Mix sea salt with massage oil and rub it all over your body before rinsing off.)

**7. Tap into your intuition.** Sometimes I can't move forward because something is blocking my intuition, which is trying to communicate something to me. If you think this might be the case, invite your intuition to bring this information to your conscious mind while sleeping. Next morning, pay attention to your first thoughts, or you may remember a dream you had, and apply these insights to the situation at hand.

**8. You are what you eat!** Find a diet that supports you in staying clearheaded and with lots of energy. You could try an alkalizing diet, or a wheat-free, dairy-free, or sugar-free diet, or try becoming a vegetarian.

**9. Get enough sleep and play!** It's hard to be productive if you're tired. It's also hard if you haven't given yourself any time to play. Like children, when we play, we are totally in the present, without any goals. It frees up our

creativity so we can return to our projects with renewed insight and passion.

**10. Follow intention with action!** Even if the steps we take are small, we are sending a message to the Universe that we are committed. The Universe then brings energetic support to what we are creating.

Now that I've reminded myself how to get out of procrastination, I'm off to declutter my office and get productive! ■

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