

Procrastination Styles

2010 Is Starting Out Good

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Last week I shared with you my "Procrastination Styles"; this week I have been asking other people what their "Procrastination Styles" are; and there were actually 3 more "Procrastination Styles" that were very prominent; so I wanted to share with you some more ideas that might help you or someone you know.

Procrastination can really affect ones' business, and with the New Economy, we have to be on the top of our game at all times; and if we let procrastination sabotage us, then it will be even more difficult to thrive in this New Economy.

Here are the 3 prominent "Procrastination Styles" people have shared with me:

- "Procrastination Style" 1: Procrastinating things they do not like to do, such as:

Getting to work early
Getting New Clients by Passing out business cards, Cold-calling and Asking for referrals
Cleaning and organizing work area
Ordering nail supplies every week

A good way they made this "Procrastination Style" work for them is they **REWARD themselves** every time they accomplish something they do not like to do.

Here are some ideas:

- **After Getting to work early all week**

REWARD Yourself by leaving early on Friday, or by treating yourself to a nice lunch at your favorite restaurant.

- **After Getting New Clients**

REWARD Yourself by treating yourself to a massage at your favorite spa, every time you have picked up 7 new clients.

- **After Cleaning and organizing your work area**

REWARD Yourself by treating yourself to a 30 minute coffee break at Starbucks, and read a fun magazine or book.

- **Ordering nail supplies every week**

REWARD Yourself with less stress and by taking advantage of the weekly specials; you will make more profit, so you have extra money to treat yourself to a little present.



Tammy Taylor
CEO, Tammy Taylor Nails Inc.
Entrepreneur and Business Owner since 1981

- **"Procrastination Style" 2: Procrastinating getting organized.**

A good way they made this **"Procrastination Style"** work for them is by **not complicating** the thought or action of getting organized, **"Keep it simple"**.

Here are some ideas:

Key Thought: "Do not organize for tomorrow, only organize for today".

Write down your top-5 things that you have to get done today, and that is what you do. Anything else will have to wait until it makes it to your top-5 list.

Your REWARD; you will not only get organized, you will start enjoying it.

- **"Procrastination Style" 3: Procrastinating making decisions.** This

"Procrastination Style" can come from fear of making a wrong decision.

A good way they made this **"Procrastination Style"** work for them is by getting over the fear of decisions.

For one whole day, make a decision on every single choice or question that you come across; and at the end of that day, go over every decision you made.

Your REWARD; your confidence will build every time you make a good decision "Priceless".

2010 is starting out good; let's keep it going.

*With love,
Tammy Taylor*

Proverbs 12:25

Worry weighs a person down; an encouraging word cheers a person up.
