

ASSASSINATE PROCRASTINATION!

“Procrastination is the assassination of motivation and goals realisation.” (Anthony Robbins)

I will be insincere if I insinuated that I jumped and acted on every opportunity that came my way with enthusiasm. The truth is that I certainly do not! In fact, action on my part has sometimes been carried out very reluctantly. We sometimes become accustomed to our familiar territory (whether good or bad) such that change becomes a major chore. The good news is that usually once I begin, enthusiastic energy follows and helps me to accomplish my goals.

Procrastination is an excuse not to perform. It derives its force from a “loser’s limp”. You need to talk to yourself and say things like “*Do it now*” several times until you start obeying yourself! This is one of the self-starters that I have learnt from W Clement Stone. It is not unusual to hear me repeat those words to myself in the car loudly and with some emotion, while I think of examples of tasks that I need to get done. The benefit of this procedure is to influence your subconscious mind such that when you are faced with tasks that need to be done, your inner most being will choose to do these immediately, where practicable. You must take steps to do today, those tasks that can be done today, for tomorrow comes with its own set of challenges.

The above is an excerpt from my recently released book, ‘Dream and Achieve’. Obtain your copy online today from www.trafford.com/08-0066 (for worldwide delivery). In Nigeria, please contact my publishers Spectrum Books Limited via www.spectrumbooksonline.com.

Are you ready to get results in your worthy desires? You will need to conquer your mental inertia to do the things that you’d always planned to do ‘one day’. Repeat the words “*Do it now*” several times to yourself, and begin to take the necessary steps,

whether you are ready or not. The book, *Dream and Achieve* is about dreaming and inducing faith that will enable you to take the action steps necessary to fulfil your heart's desires. In order to achieve this, you must 'assassinate' procrastination.

See <http://www.getkola.org/event.html> for some media comments on *Dream and Achieve*.

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