

**Procrastination Buster Bootcamp**  
**Day 12**  
**Burnt out, chronic and sabotage procrastination**

Here is your daily audio link:

<https://instantteleseminar.com/Events/132942504>

**Coaching exercise of the day**

*“What could be the missing piece of the puzzle I’m looking for?”*

We know what you’ve done before hasn’t worked, otherwise you wouldn’t be here! So what else have you not addressed? Or missed as you work out ways to get yourself to do?

**Burnt out procrastinators.** The ones who perhaps used to be motivated to do certain things but have nothing in the tank anymore. They often ‘try’ using the old ‘go, go, go, do, do, do!’ tactic. But it doesn’t work. They’re not only burnt out – their motivation methods are too. They usually beat themselves up a LOT, and often don’t realise that a change of circumstance or energy is the reason they can’t do something. So they hate themselves *even* more! But all that’s required to help them is a different perspective and an adjusted mindset.

**What is the main problem?** They are on their last legs. They can’t do because they don’t have enough in the tank. Body and brain shutting down. Can be physically and mentally unwell. Physical pain, serious brain fog etc. They are focusing on the wrong solutions and often see themselves as lazy or demotivated.

**What are the problem thoughts?”** Beat themselves up, can have a low-level mood / mindset / mojo; so get stuck in a mental trap. Can go into shutdown from ‘another’ thing they need to do. Tired thoughts, too many thoughts. Can’t find solutions by self as brain in stuck / rut gear.

**What are the practical problems?** Have been doing too much and have not replenished themselves. Imbalanced. Big tasks can shut them down. Can be resistant to breaking things down, can even be too exhausted for small tasks! Can sometimes struggle to make basic decisions. Can sometimes not have energy to find solutions.

**What needs to change mindset wise?** I need to give myself permission to take a break, get rest, get help. I will get my energy back. My body is giving me clues that something needs to change. It is OK to say no. It is OK to delay / avoid. BUT I need to take this seriously! I can bounce back but I might need to pace myself, slow down etc.

**What needs to change practically?** Breaks! Getting external help to unravel and break down action needed. Support along the way. Accountability can be helpful but sometimes softer accountability or working with one other person that compliments their energy.

**What’s the most powerful thing this person can say to themselves, change or do?** Own burnout and treat it as such. Recharge batteries. Move goal posts without guilt. Be honest to those around them and with themselves. Cut themselves some slack!



**Chronic procrastinators.** Short-term mood repair becomes a priority over everything else. They avoid doing anything remotely difficult and seek quick-fix, mood-boosting gratifications instead.

**What is the main problem?** They procrastinate with just about everything, just about all the time. Can feel like relentless procrastination! Stuck in the “beat themselves up-feel bad-create stress-shutdown and avoid” cycle. Can be very layered for these people and sometimes fall into ALL the categories we’ve covered so far! Often live in perpetual stress and overwhelm. Often in a combination of perpetual stress and denial and frustration.

**What are the problem thoughts?”** Catastrophising thoughts, fixated on procrastination identity, often don’t want to hear / try advice and solutions. Often don’t believe that they will ever beat it. Need to be aware of secondary gains. Can be unconscious gain from falling into the victim / martyr trap. Can sometime dispel mindset improvements and thought management as solutions.

**What are the practical problems?** Everything seems to big to fix. They often don’t write things down because they don’t want to know or because they are used to everything being in their heads. Easily distracted too! The less brain needed the better!

**What needs to change mindset wise?** They need more glimmers! Hope that things can improve even if not completely fixed. Need to help them lighten up, have sense of humour. Often waiting to be rescued. So don’t always take full responsibility for actions. So them telling themselves that no one else will get them out can be useful. “No one’s coming” mindset. ALSO retraining brain focus DAILY! Daily mindset practice essential for these people.

**What needs to change practically?** Delegation and support to do. Breaking things down. Rewards for ALL progress even small. They often need cheerleading. They beat themselves up so much that anyone rallying them on can help them smile and feel good!

**What’s the most powerful thing this person can say to themselves, change or do?** Help might be needed and hope! That they are NOT alone and there are solutions.

**The Sabotage procrastinators.** They unconsciously avoid or delay something because, without them realising it, it’s taking them to a place their core beliefs aren’t comfortable with.

**What is the main problem?** Unconscious! Don’t know they are doing it. Don’t realise they are stuck in a pattern. Or are aware but don’t tackle it the right way. Aren’t clear on self-limiting beliefs that are holding them back. Set conscious goals that they want based on values and desires. Disconnect and mismatch with the beliefs. Get really frustrated with themselves as can’t work out why they keep doing it. And often live a life not getting to where they want to because sub conscious mind dominant. And wants to keep them safe / feeling good. Can be very layered. Have to peel the layers of the onion in order to work out. Can have very deep core beliefs that don’t show up as obvious.



**What are the problem thoughts?"** Inner dialogue (powerful but very subtle) coming from unhelpful beliefs. Can be stuck between two conflicting places. Really wanting something in head but physical energy about it conflicting or contractive. Question "WHY can't I stop this?" or "WHY do I keep doing it!"

**What are the practical problems?** Put attention on wrong place for solutions. Until you know your beliefs then you aren't going to make long lasting changes. Can focus on doing rather than thinking. So "There's got to be another way to DO this", instead of "There's got to be a better way to THINK"

**What needs to change mindset wise?** Beliefs, beliefs, beliefs!!! Got to get a grip on what is underneath. And what went on or was picked up between 0-8 in life.

**What needs to change practically?** Create time for understanding mind. Daily mind practice. Working with someone who can detect beliefs and unravel them.

**What's the most powerful thing this person can say to themselves, change or do?** I can change my beliefs! Just beliefs holding my back! What am I consciously resistant to; by making progress, getting things done.

Tomorrow, we are switching tactics and vibe and writing your procrastination lists!!

*Janey x*

