

OVERCOMING SPIRITUAL & MENTAL TRAPS

THE PROCRASTINATION TRAP

INTRODUCTION

This teaching series is looking at and reflecting on some spiritual and mental traps that could possibly hold us back when it comes to launching and multiplying Communities on Mission

These traps can be like an invisible force that does not let us move forward. Sometimes just identifying and calling them out by name can make a real difference. Other times we need to dig deeper and reflect on how we can overcome them.

In this session we want to overcome the PROCRASTINATION trap.

STEP #1



Reflection

“Procrastination: A hardening of the oughteries.” - Anonymous

“The sooner I fall behind the more time I have to catch up.” - Anonymous

“One of the greatest labor-saving inventions of today is tomorrow.” - Vincent Foss

Can you identify a task you are currently procrastinating? What is this task and why are you delaying it?

REFLECTION-QUESTION #3:

The online article by Business Insider entitled, ["4 Types of Procrastinators and How to Avoid Being One,"](https://www.businessinsider.com/main-types-of-procrastinators-how-to-avoid-accountability-coaches?amp) outlines reasons we procrastinate and how to overcome each cause.

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Which type of procrastination do you most identify with? According to the article, what would be your solution?
