# **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**



"Procrastination: A hardening of the oughteries." - Anonymous

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

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

<sup>&</sup>quot;One of the greatest labor-saving inventions of today is tomorrow." - Vincent Foss

## STEP #2



# **STEP #3:**



Answer reflection questions

### REFLECTION-QUESTION #1:

In the video, Phillip identifies two solutions to procrastination:

- 1. clear focus on what to do next
- 2. helpful input from another person

your context? What is it? If you feel stuck, who is someone who can help you break free and move forward?

Is your next step clearly identified in regards to your Communities on Mission launch in

# **REFLECTION-QUESTION #2:** Read the article: "Why People Procrastinate: The Psychology and Causes of Procrastination" https://solvingprocrastination.com/why-people-procrastinate/ Let's take Phillip's first solution (focus on what to do next) a step further. In the article there are at least 15 reasons for procrastination listed. One of those reasons is: "Abstract Goals". For instance, to say "I am going to exercise more to be healthier" may lead to procrastination. Instead say: "I am going to go to the gym after work on Monday, Wednesday, and Friday and exercise on the treadmill for 30 minutes." Creating a specific goal tends to generate action. Considering this idea of avoiding abstract goals for our Communities on Mission launch, how specific are your next action steps?

#### REFLECTION-QUESTION #3:

The online article by Business Insider entitled,

"4 Types of Procrastinators and How to Avoid Being One." outlines reasons we procrastinate and how to overcome each cause.

https://www.businessinsider.com/main-types-of-procrastinators-how-to-avoid-accountability-coaches?amp

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