

Procrastination? Make a Decision Now...

Find yourself humming and harring over stuff big and small? Perhaps you're in a career, house or relationship that isn't working for you anymore and it's time for a change, but you don't know what you want, or what will work for you?



What are you **choosing** to do about your situation?
There's the key word; 'choosing'.



So, follow these steps:

1) Think of the rut that you're stuck in; visualise it, get the feelings you feel when you're in that situation, hear the sounds that you hear and then say out loud; 'I am choosing this situation'. What effect does this have on you? Once said out loud you will notice a total incongruence with yourself.

2) Now, think of the situation you're 'choosing' to change (or not as the case may be!) Got it? Start by asking yourself the question, 'What am I choosing to do today in regards to **insert situation**? Then, 'How am I choosing to deal with **insert situation**? You will find these two questions put a completely different slant on how you deal with the situation. Listen to the excuses you automatically try and put in place and respond with the above questions.

Alternatively, try this:

- 1)** Create an imaginary circle on the floor. Or even better draw one out with a piece of string, hula hoop - anything circular!
- 2)** Remember the last time you made the right or really good decision. Step forward into the decision making circle and into that moment.
- 3)** Make the colours really rich, bold and bright. Hear all the sounds that were important at this time. Remember exactly how you felt. Wallow in this great decision for a few minutes. Step out of the decision making circle when you're ready.
- 4) Now.** Think about the new decision you're choosing to make. Step into the decision making circle. What happens? Got your decision made?

Write your decision down in the here and now, starting with: I am

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