

Self-Care Links

Change Your Life for the Better

Brian Tracy offers life-changing wisdom.

Steve Jobs

Referenced many times over as the best speech of his life.

Wisdom of a Third Grade Dropout

Rick Rigsby talks about his father's teachings and how it made him a better person.

The Graham Norton Show

Ryan Reynolds, Will Smith, Catherine Zeta-Jones and Toby Jones offer laughs as they discuss dating and marriage.



A Funny Truth



The Waiting Game

Charlotte Lieberman wrote an article for the *New York Times* in March of 2019 on procrastination. Lieberman describes procrastination by going to its Latin and Greek root words, *procrastinare* and *akrasia*. Put them together and we have put off until tomorrow against our better judgement.

Lieberman writes about procrastination as having an issue with regulating our emotions. People may procrastinate because it is a dreaded chore, such as cleaning the bathroom, or one may procrastinate due to insecurity or self-doubt issues. She references procrastinatory cognitions, which are immediate and negative thoughts about ourselves that pop in our mind and can lead to the habit of procrastination. These thoughts can contribute to our stress and create additional procrastination.

The writer offers ways to combat the tendency to put off our tasks list until tomorrow. Studies show that self-forgiveness and self-compassion can offset emotional distress and encourage self-worth. Ways to do this is to reframe the task, reminding oneself of the beneficial outcome of it being completed. How will your supervisor respond when you show the completed work? What feeling does this give you?

The article offers insight on the irony of procrastinating. It makes us feel better in the moment to put off what we should be doing; however, in the end, it leaves us feeling worse about ourselves. You can read the article at [Why You Procrastinate \(It Has Nothing to Do With Self-Control\)](#) and review additional ways to identify why you might gravitate towards a "wait" instead of a "do". The piece will also help you determine how to best break the habit of procrastination and/or any negative internal dialogue, helping you become more productive and self-aware.

The Winner's Corner



Clarkton Harrison wins this month's self-care gift card!

Book Club



Brian Tracy offers 21 steps to have a more productive life!