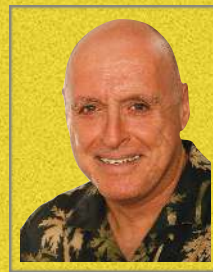


# THE EXTRA POINT

BY JERRY ROBERTS



## # 385 What Kind of Procrastinator are You? – Part 1

Most of us dabble in procrastination. Even if we are “get things done” machines, there are still things we tend to put off. The question is, “What kind of procrastinator are you?” I’m Jerry Roberts and in the few days we’re going to find out, on The Extra Point.

So what are you putting off that you know you need to do? Come on, admit it. Hey, I do it, too. I teach how to be more productive and — once in a while — I still find myself pushing a task or two into tomorrow or next week, or whenever. Procrastination can bite all of us, and did you know that it comes in different flavors?

Dr. Linda Sapadin, a licensed psychologist and author of *It’s About Time! The Six Styles Of Procrastination and How to Overcome Them and How To Beat Procrastination In The Digital Age*. She suggests there are six kinds of procrastinators. Let’s see if we can find you in the mix and offer ideas in how to solve the issue.

1. The Perfectionist. This person pays too much attention to details. So much so that they can’t bring themselves to start a particular task or finish it because they worry it won’t be good enough.

Perfectionists tell themselves that whatever they’re doing can always be just a little bit better. If they’re a true perfectionist you can’t just tell them to stop. This is a compulsive trait and will often cause a physical reaction if you try to restrain it. I’ve seen people look like they were ready to have a nervous breakdown when I told them they should move on to the next thing.

If you work with a perfectionist one way to help is to have them agree to a hard deadline to deliver on a project or task. “Hey George, I know you’ll do your best and with your usual

high quality, but Friday at 5pm we need it, and we cannot extend the deadline.”

Another way to work with a perfectionist is to have someone else determine when the work is good enough to deliver, and they have the authority to say the job is done. Sometimes people just can’t stop from tinkering around a little more, and they’ll actually be relieved if somebody else makes the call.

2. The Dreamer. This is the person who would like to do a job and complete it, but they never make solid plans to do so. They like the “big picture” but never drill down to the details that are needed to make things happen.

Sapadin says dreamers like to tell themselves and others that they’ll get to the work “soon,” but timelines and deadlines are very difficult for them to deal with. What they lack is the will to make a commitment and that’s they key to their success.

Help the dreamer by having them sketch out a plan for the work, even a rough one, then set a definite start date. If materials are needed, have a check-in meeting with them a couple of days beforehand to make sure everything is ready. Ask them to break goals into smaller chunks if that will help keep them on track.

So, did you see yourself in any of this? We’ve got more on procrastination coming tomorrow.

That’s The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I’m Jerry Roberts.

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