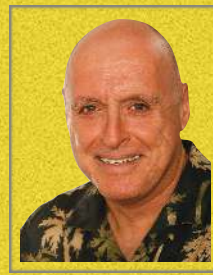


THE EXTRA POINT

BY JERRY ROBERTS



386 What Kind of Procrastinator are You? – Part 2

Procrastination can get in the way of progress for all of us at one time or another. I'm Jerry Roberts and today we continue our look at the various types of procrastinators and ways to deal with the problem. That's coming next on The Extra Point.

Yesterday we kicked off our look at different types of procrastination with the perfectionist and the dreamer. One is far too detailed in their approach and the other never gets very far into any details at all.

We're taking information from 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*, then adding ideas we know have worked for others.

3. The Worrier. These people procrastinate by just plain overthinking. It is based on the fear of not getting everything right. You might say this makes them cousins to perfectionists. They justify their inaction because they're waiting for whatever they feel they need to get things right.

Sapadin says worriers fail to recognize that not making a decision is in fact making a decision. What many seem to miss is that the entire job or project doesn't have to be delayed while they're waiting.

Help the worrier by showing them they can often make progress by harnessing the methods of Hollywood movie makers. You may already know that movies are not filmed scene by scene from the beginning of the script until the end. The term used is that movies are filmed "out of sequence." They will spend days filming all scenes in one location before moving to the next one and doing the same. Likewise, rather than sitting idle while waiting for something,

the worrier can instead work on another part of the job which keeps thing moving.

4. The Crisis-maker. This is generally a person who is quite the opposite of the worrier, and they don't worry about much of anything. They feel all is well, there is always enough time to get things done so there is no reason to rush. They are confident of their skills to succeed in any situation, so "Hey, what's the hurry?"

Crisis-makers wait until the very last minute to do most things, whether it's their actual work, getting ready to leave the house for work, going out for dinner, preparing to go on vacation, and the list goes on. This type of procrastinator is the one that can make their coworkers, friends, and family stress out on a regular basis.

If you're working with the crisis-maker and you have the authority to do so, move deadlines up to get them to take action faster. If you're a parent and you want your kid to complete a school project early to avoid a last-minute panic session because it's due the next day, offer a reward. Maybe that's a little more screen time with their devices on the weekend, or a trip to their favorite dessert place for a treat. Just make sure the message is clear...they earned the reward by taking action, and it worked out best for everyone. Nobody got stressed out.

Did you recognize anyone as we talked today? Tomorrow we'll finish up our visit to the land of procrastination. We're glad to have you along.

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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