

How to eliminate procrastination habits?

How to eliminate procrastination habits? Here are the three main causes of self-defense and removal. Invite you to consult!

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The excuse stems from the lack of self-responsibility. It's like you're trying to excuse yourself from a family dinner, you say you don't want to be forced to do something like eating vegetables or visiting Aunt Lucy.

However, self-defense of things that are part of your responsibility is putting a burden on someone else's shoulders and making you silently limit yourself. When you constantly avoid responsibility for a long time, you will be able to defy your ability to succeed.



By understanding the root causes of excuses and how to eliminate them, you can achieve your true ability. No matter how many reproaches there are, the main reason is only 3. Fortunately, they all have solutions.

These are the three main causes of self-defense and removal:

Cause 1: Lazy

People always crave comfort. Think about how many times you've given yourself some reason to avoid having to go to the gym. Surely there are times you motivate yourself but then easily excuse not to act? It's easy to find

the reason for not going. It's easier than lying on a chair and watching Netflix.

When evading things that you really don't want to do and choosing an easier option, often we don't realize the value of those jobs. We do not see the value that it brings to spend time and effort to do the work that needs to be done when there is an easier choice.



We all have life experiences to find the easiest way possible. Unless we see their value, we will not delay. If you don't see the necessity of the job, chances are we will excuse our whole life so we don't have to do it.

It is also the case that I encountered in the past, when I myself planned my personal finance. I don't know why but that time I didn't realize the need for this job. And of course, now I feel regretful about the excuses when I have to do that. If only I could see its value sooner.

'The defense seems appropriate for those who want to mess things up. - Tyrese Gibson

Solution:

To see the true value, we must focus on both its benefits and its limitations. This will help you get a better overview of your work.

For example, when I plan to retire, my interest in it will help me avoid my responsibility. What I see first is that I will have higher self-esteem by doing things that I have to do immediately. Moreover, I am able to save money for some interesting trips after I finish. Those are very good things for me and I can see its value.

By calculating the limitations that may occur when shirking responsibility, I can see that if I do that I will have difficulty retiring or not being able to do the necessary things when I start getting old. .

To defeat laziness, we must find the necessity of work by understanding the values ??and consequences when we deliberately avoid work.

Cause 2: Fear



For many of us, life is dominated by fear. That's because we don't see much more than our ego.

In some cases, when we face financial or emotional or even physical risks, we tend to avoid responsibility. In our minds, nothing is more important than our own losses.

But it is these risks that help us develop ourselves. We have to push ourselves into risk or we will become slow. Whether not completely faced with fear, there is a way to control and avoid forming an excuse to shirk responsibility.

Solution:

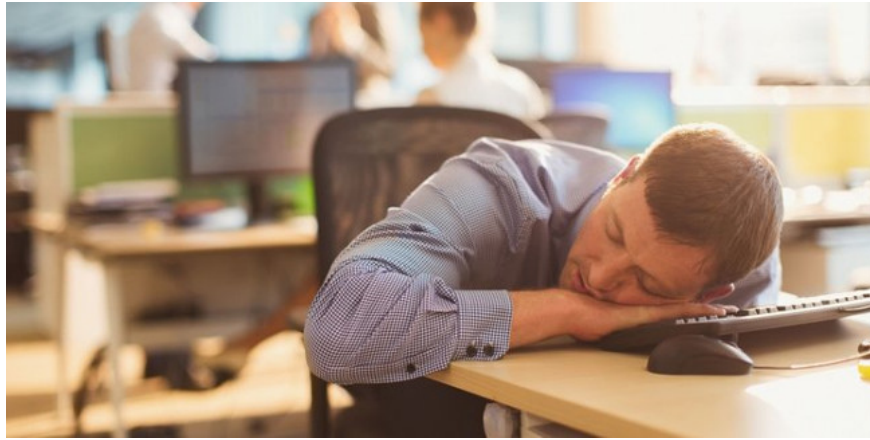
Have you ever seen marching soldiers with serious, dangerous faces and little concern for themselves? Where is their responsibility to avoid? It was covered by a bigger thing - purpose.

To overcome fear and avoidance, we have to find a reason big enough for fear. That makes you focus more on what is worth paying attention to. If there is a purpose, we will have satisfaction when we do it. And sometimes, the purpose you need to find is not for your own benefit but for others.

If we focus on doing it, our values ??will change. When you feel others are more important than yourself, it is love. No one is not willing to sacrifice for the person you love? The goal will erase the excuses that fear brings to us.

'99% of failures are in people with a habit of defense. ' - George Wassington Carver

Cause 3: High self-esteem



Sometimes we give up our responsibilities because we care about the image of ourselves being affected. It is the harsh truth, which is why the excuses about our recognition of ourselves and how we want others to see ourselves appear.

When faced with the fact that cooperation can make us overshadowed, we often forget it. Everyone's ego is always big. It always looks perfect and must be preserved like that. So, we always defend ourselves when something affects our image.

Have you ever been afraid to give a presentation to a crowd? There are many surveys showing that many people are even more willing to "die" than presentations. You don't see this . absurd? For others, accidentally stumbling at the stage does not make them afraid of giving presentations.

Many people are really "afraid" that their ego becomes ugly in front of others. They experience negative effects on self-respect and seek ways to defend themselves to challenge their ego.

Solution:

To get rid of excuses that come from your self-respect, you need to give up the self. It's easier said than done because after all, I always stick with each person's life. But there is a really effective tip. Instead of trying to create an excuse to avoid giving presentations, try repeating this sentence: '*Be real, not right*'.

Because at least, we need to expect ourselves and other things. That allows you to see that we need to be less perfect - and that's how we live. You will find life more interesting and people will like you more. Remember, it is not a good thing to really take your own pride as something that makes excuses for your decision!

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