

“Only put off until what you are willing to die having left undone.” - Pablo Picasso.

“You don’t have to be great to get started but you have to get started to be great.” - Les Brown.

According to research by DePaul University, we procrastinate when our brains become overwhelmed with conflicting emotions:

- Fear of failure: we worry the outcome won’t be perfect.
- Impulsiveness: we get distracted by more attractive activities that pop up while we are about to launch.
- Denial: we don’t like doing certain things, so we erase them from our mind.
- Rebelliousness: when we feel forced to do something, we just fight back and resist.

The best way to overcome procrastination is to launch now.

Open that book. Write that first word. Dial that number. Ask the first question. Start practicing.

Cross the line. Chop up tasks into smaller ones. Create internal deadlines. Own your priorities. Start with what you hate. Or what you love. Mix up things. Build momentum.

Facing your emotions is key to jump into action—it’s time to win the battle in your mind.