

Forum:[Hack Forums](#)

Thread: [What Is Preventing You From Taking Action / What Makes You Take Action](#)

Theocritus - April 28, 2020, 10:36 am

So this is a bit of a different thread I suppose. now, all of us struggle with procrastination from time to again, a minority of us chronically so.

I have my own whole regimen on how to stay on track and how to execute the tasks I have set and reach the goals I have etc. What I am wondering about today is what regimens you have, if any, on how to stay on track, stay productive & stay consistent.

Or are you one of the people that tend to not have a schedule, fall behind on projects, plans, goals? if so, why do you think you are currently like that?

Please discuss below, thank you

Boil - April 28, 2020, 10:37 am

I don't have a schedule I just do what I want to do and eventually do what needs to be done because well, it needs done.

Theocritus - April 28, 2020, 10:38 am

(Apr 28, 2020 10:37 AM)BoilMakers Wrote: [\[CITE\]](#) I don't have a schedule I just do what I want to do and eventually do what needs to be done because well, it needs done.

so a bit of a chronic procrastinator at times then? has this hampered your progress, goals etc?

Malthemar - April 28, 2020, 10:40 am

I have no schedule, I do what I want when I feel like it.

My motivation is basically the fear of being a complete failure.

I pretty much live in a permanent stress position at the moment but it keeps me active and motivated.

Boil - April 28, 2020, 10:44 am

(Apr 28, 2020 10:38 AM)Theocritus Wrote: [\[CITE\]](#) so a bit of a chronic procrastinator at times then? has this hampered your progress, goals etc?

It really hasn't hampered my progress at all just delayed it a little bit.

Theocritus - April 28, 2020, 10:45 am

(Apr 28, 2020 10:40 AM)Vision Wrote: [\[CITE\]](#) I have no schedule, I do what I want when I feel like it.

My motivation is basically the fear of being a complete failure.

I pretty much live in a permanent stress position at the moment but it keeps me active and motivated.

hmm that seems like an unhealthy approach, especially over time. i mean if you think it works for you then sure i suppose, but i would think that you would probably want to change that approach over time to position yourself and your mind better

Malthemar - April 28, 2020, 10:45 am

(Apr 28, 2020 10:45 AM)Theocritus Wrote: [\[CITE\]](#) hmm that seems like an unhealthy approach, especially over time. i mean if you think it works for you then sure i suppose, but i would think that you would probably want to change that approach over time to position yourself and your mind better

You're definitely right, it is an awful approach.

I'm not 100% sure how to get my shit together.

SIM-2090815 - April 28, 2020, 10:46 am

Q: What Is Preventing You From Taking Action / What Makes You Take Action?

A: Money / Money

All that needs to be said

Theocritus - April 28, 2020, 10:51 am

(Apr 28, 2020 10:45 AM)Vision Wrote: [\[CITE\]](#) You're definitely right, it is an awful approach.

I'm not 100% sure how to get my Clay Davis together.

i would recommend reading psycho cybernetics, could help with things like this

(Apr 28, 2020 10:46 AM)Dispaced Wrote: [\[CITE\]](#) Q: What Is Preventing You From Taking Action / What Makes You Take Action?

A: Money / Money

All that needs to be said

that seems like a very simple statement and can also be used as an excuse i would say

shitmaster - April 28, 2020, 10:52 am

I am one of those chronically struggle with procrastination. I think the reason I am that way is that I have became too comfortable with what I have and do not look at resolving pending minor things. Some could even go major in the future. It's a bad habit I'll need to work on. Do you have any tips on how to stay on schedule to complete tasks [Theocritus](#) ?

Theocritus - April 28, 2020, 10:54 am

(Apr 28, 2020 10:52 AM)shitmaster Wrote: [\[CITE\]](#) I am one of those chronically struggle with procrastination. I think the reason I am that way is that I have became too comfortable with what I have and do not look at resolving pending minor things. Some could even go major in the future. It's a bad habit I'll need to work on. Do you have any tips on how to stay on schedule to complete tasks [Theocritus](#) ?

when it comes to keeping track of my short medium and long term goals and projects i mostly use Trello to organize

Demize - April 28, 2020, 11:00 am

(Apr 28, 2020 10:36 AM)Theocritus Wrote: [\[CITE\]](#) So this is a bit of a different thread I suppose. now, all of us struggle with procrastination from time to again, a minority of us chronically so.

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if so, why do you think you are currently like that?

Please discuss below, thank you

I typically wait until the last minute and then I complete the task, I just hate getting started on something

shitmaster - April 28, 2020, 11:01 am

(Apr 28, 2020 10:54 AM)Theocritus Wrote: [\[CITE\]](#) when it comes to keeping track of my short medium and long term goals and projects i mostly use Trello to organize

Interesting. I just checked it out on their website. I never really tried using applications to manage my time and tasks. Thanks for recommending Trello. I'll give it a try. I hope to be more organized.

Malthemar - April 28, 2020, 11:01 am

(Apr 28, 2020 10:54 AM)Theocritus Wrote: [\[CITE\]](#) when it comes to keeping track of my short medium and long term goals and projects i mostly use Trello to organize

I had a whiteboard before but I lost the pen.

How fking ironic.

Theocritus - April 28, 2020, 11:03 am

(Apr 28, 2020 11:00 AM)-Scrub Wrote: [\[CITE\]](#) Nothing is stopping me, I get distracted when hanging with family because I never get the time to . Other then that I just stick to getting the bag .

do you have any specific process for this?

(Apr 28, 2020 11:01 AM)shitmaster Wrote: [\[CITE\]](#) Interesting. I just checked it out on their website. I never really tried using applications to manage my time and tasks. Thanks for recommending Trello. I'll give it a try. I hope to be more organized.

it is a very simple tool only takes 30 mins to know how to use the whole platform more or less. good luck with it

(Apr 28, 2020 11:00 AM)Demize Wrote: [\[CITE\]](#) I typically wait until the last minute and then I complete the task, I just hate getting started on something
hmm now that does not sound productive sir ?

Demize - April 28, 2020, 11:07 am

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Yeah I'm bad at starting projects but once I get going I can fly through them most of the time quicker than someone else it's just those first few steps

Theocritus - April 28, 2020, 11:10 am

(Apr 28, 2020 11:07 AM)Demize Wrote: [\[CITE\]](#) Yeah I'm bad at starting projects but once I get going I can fly through them most of the time quicker than someone else it's just those first few steps
well, maybe you should look into environment design then. make your environment conducive to getting started on whatever you wish to pursue when you sit down in your home office or whatnot

Demize - April 28, 2020, 11:10 am

(Apr 28, 2020 11:10 AM)Theocritus Wrote: [\[CITE\]](#) well, maybe you should look into environment design then. make your environment conducive to getting started on whatever you wish to pursue when you sit down in your home office or whatnot

Yeah I just need to remove the distractions in my life when I need to focus on something I have

adhd so it's hard when there's other things to distract me

Theocritus - April 28, 2020, 11:12 am

(Apr 28, 2020 11:10 AM)Demize Wrote: [\[CITE\]](#) Yeah I just need to remove the distractions in my life when I need to focus on something I have adhd so it's hard when there's other things to distract me well as quoted from Atomic Habits: make it as easy as possible to have good habits and as hard as possible to keep bad ones

Demize - April 28, 2020, 11:13 am

(Apr 28, 2020 11:12 AM)Theocritus Wrote: [\[CITE\]](#) well as quoted from Atomic Habits: make it as easy as possible to have good habits and as hard as possible to keep bad ones
I'll have to keep that in mind, I've been making big changes in my life.

Theocritus - April 28, 2020, 11:16 am

(Apr 28, 2020 11:13 AM)Demize Wrote: [\[CITE\]](#) I'll have to keep that in mind, I've been making big changes in my life.

yup, the human brain is wired to do what is easiest. so if you structure your life so the positive things are easier then you are much more likely to do them instead

Demize - April 28, 2020, 11:17 am

(Apr 28, 2020 11:16 AM)Theocritus Wrote: [\[CITE\]](#) yup, the human brain is wired to do what is easiest. so if you structure your life so the positive things are easier then you are much more likely to do them instead

Always have to be looking how to better yourself

Theocritus - April 28, 2020, 11:25 am

(Apr 28, 2020 11:23 AM)Bear Wrote: [\[CITE\]](#) Prime example:

I've seen your racist shitty threads, so I put you on ignore list.

No procrastination. All action.

hmm that not accurate but you do you sir

Ombra - April 28, 2020, 11:31 am

The most important thing for me is defining clearly what targets have to be achieved, target importance and time frame to be achieved.

Then I classify them by priorities, so that I can immediately distinguish urgent tasks from non-urgent ones, important tasks from secondary ones.

Once this has been done I focus on important tasks that have to be achieved immediately (A) then move to urgent secondary (B) and finally think about non-urgent important © and non-urgent secondary (D).

There's a model for this, technically level D tasks should be demanded to other people, level A tasks should be done personally, level B/C are in the middle.

hyperionthegod - April 28, 2020, 11:34 am

I guess for me it's the stress of growing old and not having achieved anything in life. I used to rely on motivation but just having good discipline is better

Theocritus - April 28, 2020, 11:47 am

(Apr 28, 2020 11:31 AM)Ombra Wrote: [\[CITE\]](#) The most important thing for me is defining clearly

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that's a good approach. delegation is always important

Ombra - April 28, 2020, 11:51 am

(Apr 28, 2020 11:47 AM)Theocritus Wrote: [\[CITE\]](#) that's a good approach. delegation is always important

Absolutely, a common error made by managers / entrepreneurs is thinking that they can handle everything personally. Experience teaches it's wrong.

Managers value can also be recognized by the people they put in the middle to complete/check tasks.

Theocritus - April 28, 2020, 12:04 pm

(Apr 28, 2020 11:51 AM)Ombra Wrote: [\[CITE\]](#) Absolutely, a common error made by managers / entrepreneurs is thinking that they can handle everything personally. Experience teaches it's wrong.

Managers value can also be recognized by the people they put in the middle to complete/check tasks.

very true. no need to waste your own time on things you don't need to do

Velma - April 28, 2020, 12:06 pm

i am in the same boat as you i am not doing anything and i am just chilling.

Theocritus - April 28, 2020, 12:40 pm

(Apr 28, 2020 12:25 PM)Bear Wrote: [\[CITE\]](#) Said like a true naysayer after they are hurtful towards someone. Trust me, your recent threads dont show you as the respectful member I used to once think you were.

Ive also debated the previous guy selling the account, coz he used to push outsourced crap from this acc all day. And now youre just chilling in lounge. Hmm.....

being hurtful is not the same as being racist for one. i never personally attacked anyone and am overall respectful of other human beings. no one has the right to not be offended.

i don't know what you are referring to with someone selling an account or whatnot so don't have any comment on it. i don't know what you define as "just chilling in lounge" but yes i have been more active in lounge lately when i wish to relax and otherwise have some friendly debates. this is not to say i do not do a good amount of business on HF, i do. It is still my main reason for being on the site.

if you wish to reference any specific statement i have made that you found negative in some way and form feel free to do so and i will be happy to look it over and give my feedback on it

humanbody - April 28, 2020, 1:58 pm

I just write down goals, like on a monthly basis.

Example: This month I will earn X amount of money.

And from the moment I wrote that goal I keep grinding over and over until I reach the X amount.

I am literally ALWAYS on time and even deliver before the end date. If I commit to something I am giving 110%.

??\$??? - April 28, 2020, 8:25 pm

(Apr 28, 2020 10:36 AM)Theocritus Wrote: [\[CITE\]](#) So this is a bit of a different thread I suppose. now, all of us struggle with procrastination from time to again, a minority of us chronically so.

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The COnstant fight between my inner laziness and motivation.

IPIKIN - April 28, 2020, 11:17 pm

I feel like I would accomplish alot more if I didn't smoke choof all day. But I seem to still manage to get quite alot done but always have a feeling like I could have done more

Luca - April 28, 2020, 11:58 pm

I usually do everything at the last second. Not stressful at all.

Theocritus - April 29, 2020, 3:56 am

(Apr 28, 2020 11:58 PM)Luca Wrote: [\[CITE\]](#) I usually do everything at the last second. Not stressful at all.

i see. interesting approach

MrJamesDean - April 29, 2020, 5:08 am

Sometimes for me it's anxiety. I never used to suffer from it when I was younger, but in the last year or two I sometimes get almost overwhelming feelings of "I will fail if I do this, everyone is laughing at me, I am not good enough" so I have to force myself through it and 9 times out of 10 I accomplish what I set out to do but it isn't enjoyable because of the stress. It took me some time to propose to my fiancé because I was convinced she would laugh and say no, but instead we had a wonderful proposal and dinner and I'm very happy with her. I think I just sometimes need a kick in the ass to knock me into gear.

Yin Yang - April 29, 2020, 5:18 am

Well with COVID, it's definitely hard to workout. Like yeah I can do at home workouts, but it's not the same =/

Theocritus - April 29, 2020, 5:25 am

(Apr 29, 2020 05:18 AM)Yin Yang Wrote: [\[CITE\]](#) Well with COVID, it's definitely hard to workout. Like yeah I can do at home workouts, but it's not the same =/

i feel you i can't do properly targeted workouts at home

Present - April 29, 2020, 5:26 am

I have nothing.

Normally I would make a schedule for something but then when I don't meet the requirements for lets say a said part of the schedule then I ignore the entire thing.

Bossk - April 29, 2020, 6:54 am

I recently made a personal site where I register personal goals. If i dont succeed within the time frame i obligate myself to deposit a certain amount of money from my spending account to savings account, or to a 2nd person.