

## Switchwords to Help Stop Procrastination

by Kat Miller

There are many possible focuses that may cause one to procrastinate. Following is a list of Switchwords that may resonate with you as keys to help stop procrastination.

DO (eliminate procrastination)

DONE (create completion; meet a deadline; keep a resolution; build willpower)

FIFTY THREE (pay primary concern; take responsibility)

GO (end laziness; begin; progress)

MOVE (increase energy; eliminate tiredness; increase pep; clear inertia)

NOW (end procrastination; act on good impulse)

ON (get new ideas; obtain transportation; nourish ambition; build; produce)

There may be emotional attachments which are causing the procrastination, and clearing those may also help. It can be difficult to list those off because they may vary from one person to another, but some that may be standing in the way may be cleared with:

CRYSTAL-HORSE (improve self-worth and self-confidence) (often we procrastinate because we do not believe in ourselves and our ability to do what we are procrastinating)

BLUFF (dispel fear or nervousness; enhance imagination and dreams)

BUBBLE (expand beyond perceived limitations; get energized; get excited)

CLIMB (rise; enhance your view point)

COVER (reduce nervousness; subdue inner excitement)

CRYSTAL (clarify the situation, things; look to the future; improve clairvoyance; purify; neutralize; access Universal Knowledge)

DEDICATE (stop clinging)

DIVINE (work miracles or extraordinary accomplishment; increase personal ability)

DIVINE-LIGHT (multiply intensity; increase enlightenment; brightly focus positivity)

DivineORDER (anytime you have some organizing or cleaning to do, or packing for a trip, be efficient; clean up a mess; put in optimum order; revamp)

DUCK (dispel hypersensitivity)

ELATE (transform a setback into an uplift or benefit)

GIGGLE (get in the mood for writing; enjoy the task at hand)

HALFWAY (make a long distance seem short)

HELP (eliminate indecision or uncertainty; increase focus)

HORSESHOE (remain steadfast; strengthen the soul; safely move rapidly ahead; increase sturdiness and balance)

NEXT (finish lots of meticulous work; repeat; at this time)

OIL (clear friction; smooth; release tension; release resistance; separate)

PHASE (set goals, routine or pattern; improve situation)

POINT (improve eyesight and focus; find direction; decide)

PUT (build; expand)

SCHEME (advertise, design, create)

SUFFER (handle success; handle prosperity)

SWING (have courage; be bold)

TAP (convert, adapt, renovate)

THANKS (stop regretting; release guilt)

TOGETHER (master any activity; have it all together; become single-minded)

UNMASK (bring into focus; expose; lay bare)

UP (be in high spirits; dispel the blues; dispel inferiority complex)

WHET (stimulate; sharpen; hone; refine; finalize)

WITH (be agreeable; compatible; harmonize well with others; immerse in)

WOMB (feel cuddled; be cuddly; be secure; reconnect with Source)