

LAZINESS - WHAT TO DO ABOUT IT

Posted by Shteeble - 05 Sep 2010 02:26

Welcome to the ~~official~~ eh unofficial thread for those like me who are striving or will be striving to overcome laziness.

LAZINESS is defined as sluggish... and disliking activity or exertion.

This thread is not intended for folks who get lazy ONCE IN A WHILE. (Although you may find help here as well.)

This thread is intended for those like me who have to deal with laziness THROUGHOUT THE DAY EVERY DAY.

Lemoshol....

You may have responsibilities and know it...

You may have time on your hands available to accomplish what needs to be done....

You may even be knowledgable in subjects such as time management and the like....

You may have short term goals, long term goals, calendars, lists, organizers, and everything

else...

BUT YOU'RE LAZINESS USES UP AN ESTIMATED 40% TO 80% OF YOUR AVAILABLE TIME!!!!

If that sounds like you have a seat.

Or on second thought, sitting down makes things worse....

It is my new discovery that laziness leads to idleness which leads to boredom (or equals boredom?) which leads to truhbbble

Yes, I know that it's not really a NEW discovery.

Let's get together and overcome our laziness.

Please post any and all tips, big or little.

p.s. If you don't struggle with laziness, and you didn't even know what the word meant until I defined it for you above then....

please don't post anything like.... "just get off the couch and get busy like me. What's the big deal??"

=====
=====

Re: LAZINESS - WHAT TO DO ABOUT IT

Posted by Shteeble - 28 Mar 2011 22:41

okay okayokay.

list huh.

okay i'll pm you a list of some of my biggest procrastinatorish zachin.

Make sure you have lots of paper in the printer.

=====
=====

Re: LAZINESS - WHAT TO DO ABOUT IT

Posted by geshertzarmeod - 28 Mar 2011 22:44

good for you! I'll do the same.

=====
=====

Re: LAZINESS - WHAT TO DO ABOUT IT

Posted by ToAdd - 29 Mar 2011 09:58

I'm too lazy to post on this thread.

My list right now has "get more sleep" on it.

Gesher, I had the same problem. I was all excited about the Pliskin ideas and now they're all dead.

I guess my deeper issue is a fear of failing

I am undecisive because what if I'm wrong? If a man makes a decision and his wife is nowhere around to hear it, is it still wrong?

If my wife asks "chicken or beef" and I say chicken and she then says that we're having beef because it's easier, So What! She wasn't really asking what we should have for supper, she's just having a conversation.

Even if I get the answer wrong, it's fine, I got the exercise right!

At work, the consequences are a bit bigger. But it's not the end of the world if I head off in the wrong direction, ask for help and am corrected. It all adds to the amount of experience gained on the way.

Lately, I've just been passive aggressive: Not doing the work on time as a sort of punishment to my co-workers for not helping me in a bad situation. That's just plain stupid. At least I see it now.

Well, at least I didn't hesitate getting my thoughts out. Sorry if it's of no use to anyone else...

=====
=====

Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by Shteeble - 29 Mar 2011 11:59

Dear Toadd and Gesher,

I'm pretty lazy, so I don't know how much I'll be able to type now.

Regarding, the Rabbi Pliskin books, I think a lot of the material gets into your subconscious. You are not aware of the affect it has on you, but it's there. Someone mentioned an idea (toadd?) from R' Pliskin on this thread, and I started thinking, "That's funny. I do that all the time, but I forgot that I read it in R' Pliskin's book."

Of course, much of it will have more of an affect on you while it's fresh in your mind. I guess that's where review comes into the picture.

With self-help books in general, I find that each one adds many tiny somethings to your system.... a trick, a technique, an outlook, a coping mechanism, or whatever.

They then become a part of you to the extent that you forgot you picked it up in a book.

I don't think we can expect any book to SOLVE our laziness/procrastination issues, but they can be helpful. I have many books on self-help, motivation, time management, and the like. I even have a couple of books specifically on overcoming procrastination. I procrastinate with reading them of course.

This must be my longest post in 6 months. This is not good for my laziness track record.

W

=====

Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by ToAdd - 04 Apr 2011 05:31

Hi World

I'm pretty sure it all sits up in one's mind somewhere and a good way to re-activate it is to read it again - do some review.

But the best way is to put it into practice.

Records are only there to be broken

=====

=====