# Handling Procrastination

We all have things that we like doing

and things that we don't like doing.

We all tend to put off the

things that we don't like doing.

That's called procrastination.

A little procrastination isn't that bad.

It can become a problem,

however, if we keep putting things off.

So why do we actually do it?

There are some common reasons

for why we procrastinate.

One of the biggest is fear of failure.

Sometimes we also have concerns over

the size and the scope of the project.

So how big is this thing that I'm

going to do? How far reaching is it?

We can also have concerns

over time commitment,

so how long is this going to take me?

Most commonly procrastination is

caused by giving in to interruptions.

I want to have a little

closer look at failure.

What is failure? Failure?

is simply

well, we don't reach a goal

or a target that we have set.

Failure is when we get something

wrong or when we make a mistake and

the experience of failure can stop

people from trying something again.

Let's look at some famous failures.

Richard Branson. He's the owner and the

founder of Virgin. He's a high school

dropout. Have look at Mark Zuckerberg.

Mark Zuckerberg is a college

dropout. His company,

now, Facebook is worth

in excess of $2 billion.

Look at JK Rowling. She was

rejected by 12 different publishers

before Harry Potter and the

Philosopher's Stone was accepted.

Look at Lady Gaga.

She was dropped by Def

Jam Records after only three months.

She went on to become one of the

best selling artists of all time with

six Grammys and 13 MTV awards.

So the important thing is

not whether we fail or not.

The important thing is to look at

failure and how we interpret it. There.

are basically two ways of interpreting failure.

One is negatively, for example,

as a personal deficiency caused by

your abilities or the lack of your

abilities and that cannot be changed.

Or you look at it positively

as an opportunity to review,

reflect and learn about what you do

well and what you need to improve in.

So please read on now to learn

about strategies to overcome fear of

failure and to stop procrastinating.