

# WORKBOOK 9

*Procrastination is all about Energy*

WORK (ENERGETICALLY) SMARTER  
MASTERMIND

with Kären Geddis

## WHAT IS PROCRASTINATION REALLY?

There are 2 things going on when you are procrastinating:

1. You have a belief that is stopping you from taking action (e.g. fear of failure, or not feeling good at something, or a belief that whenever you take action it doesn't go in a way that feels good)
2. The energies are not lined up – either you are not vibrating close enough to the inspiration to take action, or the timing is not quite right.

Procrastination simply means you're trying to force something you're not vibrationally ready for, or energetically lined up with.

No amount of action, or 'I'm just going to force myself to do it' thinking can replace the flow of energy that comes with getting lined up with what's on your To Do list.

### PROCRASTINATING BECAUSE A BELIEF'S IN YOUR WAY

Remember, a belief is just a thought you keep thinking; a habit.

Some beliefs can be deeply-rooted. There is nothing that can't be changed by doing the inner-work, but it can take longer than you'd like.

If you feel that you could do with some extra help, you might want to explore an energy modality like kinesiology, EFT (Emotional Freedom Technique), BodyTalk, or homeopathy to help clear any blocks. You get to choose.

Be easy on yourself, and TRUST that your intuition has your back.

Tell yourself:

- I don't have to do this right now – I have time to come back to it.
- I can do something else that I feel inspired to do in the meantime and allow the energies to line up.

TIP: Try the 'Talking Yourself Round' exercise from Workbook 3, or the 'Which Thought Feels Better?' exercise from Workbook 4.

## PROCRASTINATING BECAUSE THE ENERGY IS NOT LINED UP

Don't make yourself do anything you don't want to do. If the energy was lined up, you'd be jumping to do the thing you're procrastinating about.

Pause, and ask yourself: Why am I procrastinating?

Acknowledge that this must not be a good time; that things are always working out for you, and that when the time is right you'll feel it.

Remember that your feelings are telling you whether your energy is lined up or not.

If you're feeling off, then so is the timing (either because you're not lined up, or the energies are not aligned for the best outcome).

Taking action when it feels off can be the difference between an outcome that is mediocre and one that is spectacular.

Feeling around for a better feeling (even if that means going off and doing something you'd way rather be doing!) will start to line up the energies and reconnect you to your intuition and the timing will show itself.

“Procrastination just means that you're not in line with where your Higher Self is taking you (and your Higher Self has the map to your destiny).

Your intuition has your back and it knows when the best time to act is.” - Karen Geddis

## THE 'HOW WOULD IT LOOK?' EXERCISE

Grab a pen and paper or a notebook.

Picture the thing that you 'need' or are 'supposed' to be doing.

Now, think about WHY you have this on your list; the reason for 'needing' to do it.

At the top of the page write down this question:

How would it look if this task went smoothly? Or How would it look if this task was easy to do?

Take a breath and allow yourself to be centered and open to any information that comes.

Start writing.

Now how do you feel? If you feel like doing the task right now, then go for it.

If you are still not feeling inspired, then TRUST that the universe has the timing sorted for you and you WILL get a nudge to take action when things are lined up to bring you the best outcome.

Go and do something else. Take your mind off this task and allow your intuition to be in charge of letting you know when to act.

So, for example: You have on your list that you 'need' to find the right software to run a webinar. You've been putting it off because it just feels too hard. You don't know where to start. The energy feels 'stuck' and 'stagnant'.

Take a moment to think about WHY you're looking for the right software to run a webinar.

It may be: It's something you've wanted to do for some time; people seem to be having success (and a lot of fun) running webinars; you believe it's a great way to get people to know you better and for you to add value when you are selling your products/ services – and whatever else it means to you.

Write down your question: How would it look if finding the right software to run a webinar went smoothly?

Take a breath and allow the answers to come. Write them down.

It may go something like:

- I'd type my question into Google and the EXACT answer would show up, as if by magic.
- I'd see someone in a Facebook group asking the same question.

- An advert for someone offering a webinar on how what the best software is would turn up.
- The right software would stand out to me clearly so that I don't have a doubt.
- I'll know the right software when I see it.

## OTHER WAYS TO GET INTO THE UN-PROCRASTINATION ZONE

Raw Dancing

Going for a run

Doing a few yoga stretches

The 2 minute visualization from your daily routine (Workbook 1)

Getting out into nature and appreciating how incredible it is

Doing something that lights you up (anything you want)

