

# LIFESTYLE



LifestyleTIPS® is a service of your EAP Provider:

Resource Management Services, Inc.

Your Employee Assistance Provider

800.333.2095

Timely Information for Personal Success

## Keep Your 2008 Plans on Track

By Wendy Betterini

**H**ave you ever found yourself procrastinating on something you didn't want to do? It's no surprise that we want to avoid unpleasant tasks or obligations, but procrastination can infiltrate other areas of our lives and stop us from doing things we really DO want to do.

Most of us procrastinate to some degree, like putting off housecleaning or errands, or avoiding that dreaded trip to the dentist. But for some people, the procrastination habit can grow to monstrous proportions so they eventually find themselves locked into a cycle of fear paralysis.

I should know — I've procrastinated myself into financial disaster, serious health issues, and chronic depression. It took a lot of introspection before I understood what was holding me back, and I'd like to share some insights that may help you take control of your life again, too. There are many causes of procrastination, and it's helpful to explore these in more detail to understand if they apply to you:

- **Perfectionism** — Many people who procrastinate have a fear of not doing something

“perfectly”. They feel the need to wait for the perfect time and the perfect circumstances to take action. Sadly, that never happens, so they keep holding back, waiting endlessly.

- **Fear of failure** — These people feel safer dreaming about the great things they'll do someday, but they avoid doing them now because they might fail. They want to wait until they feel more capable before they take action, but they don't stop to think that strength and capability are developed by DOING, not thinking or dreaming.
- **Fear of success** — As strange as it may seem, procrastination may also be caused by a fear of success. Even though people may think they WANT to be successful, they worry about the potential burden(s) of success, the obligations, increased responsibility, etc. It feels safer to stay behind the scenes, dreaming of success but never daring to achieve it.
- **Fear of the unknown** —

*continued on Page 2*

### Developing a Plan of Action

**O**nce you understand why you're procrastinating, it's time to develop a plan of action. A successful plan will involve:

- **Addressing and altering beliefs** — This will take a consistent effort and willingness to challenge your beliefs. For example, if you believe you don't deserve a better life, you'll need to change that belief and convince yourself that you *are* worthy of having the things you want.
- **Taking action** — It's ironic that the “cure” for procrastination is the very thing that causes the fear that creates it! If you weren't afraid of taking action, you wouldn't procrastinate. In order to overcome procrastination, you need to be willing to take action in spite of the fear. You need to build up your courage and ignore those fear-ridden thoughts that hold you back.
- **Start small** — The great thing about taking action is that it builds your confidence every time you do it.

*continued on Page 2*

CLIP-N-SAVE!

[www.foodfit.com](http://www.foodfit.com)

## Healthy Recipe: Apple Walnut Cookies

### INGREDIENTS:

- vegetable cooking spray
- 1 cup rolled oats
- 1 cup whole wheat flour
- 1/2 cup walnuts, chopped
- 1/2 teaspoon baking soda
- 1/2 tsp. cinnamon
- 1/4 teaspoon salt
- 1/4 tsp. ginger
- 1/4 tsp. baking powder
- 2 egg whites
- 1 Granny Smith apple, peeled, cored, grated
- 1/4 cup unsweetened applesauce
- 1/2 cup brown sugar
- 1/2 cup raisins
- 3 tablespoons sugar
- 2 tablespoons vegetable oil
- 1/2 teaspoon vanilla extract

### DIRECTIONS:

1. Heat oven to 375. Spray baking sheets with cooking spray.
2. Place oats, nuts on separate, unsprayed sheet, toast till golden. Set aside.
3. Combine flour, baking soda, powder, salt, cinnamon, and ginger in bowl.
4. Combine egg whites, apple, applesauce, brown sugar, sugar, oil and vanilla in large bowl. Stir in dry ingredients. Add raisins, toasted oats, and walnuts.
5. Drop dough onto baking sheets by tablespoonful, about 2 inches apart.
6. Bake cookies about 10 to 12 minutes. cool on wire racks. **Serving size:** makes 36 cookies

### NUTRITIONAL INFORMATION:

- Calories per serving: 128
- Fat: 4 g.
- Protein: 2 g.
- Sodium: 82 mg.
- Carbohydrates: 22 g.
- Fiber: 2 g.
- Saturated fat: 0 g.

LifestyleTIPS®

2007 Impact Publications, Inc.  
1439 Churchill Street, Unit 302,  
PO Box 322, Waupaca, WI 54981  
Phone: 715-258-2448  
Fax: 715-258-9048

Website: [www.impact-publications.com](http://www.impact-publications.com)  
Email: [info@impact-publications.com](mailto:info@impact-publications.com)

**Publisher:** Jennifer Heisler  
**Health Consultant:** Tim Lencki  
**Managing Editor:** Mike Jacquart

LifestyleTIPS® is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized, color version of LifestyleTIPS® with the name of your EAR, call 715-258-2448 or email us at

[info@impact-publications.com](mailto:info@impact-publications.com).  
Pricing will vary depending on the quantity ordered.

## Get Through the Holidays without Guilt

From the golden, roasted turkey to the buttery mashed potatoes and decorated cookies — the holiday season is a festival of favorite family foods. For many though, it's also a guilt-ridden, downward spiral of diminishing willpower and unhealthy, unwanted pounds.

"But this needn't be the way," says Betsy Bowersox, M.S. "All foods can fit in a quality diet, and that includes holiday delicacies. The secret is *balance* over a several day period. Look back and assess your diet over the past few days. Were you on the party circuit last weekend? Then look ahead. Are there celebrations looming?"

Bowersox recommends making up for that feast of rich, high-fat foods with lighter, low-fat foods for the next couple of days. Or, plan for tomorrow night's party with a low-calorie, low-fat breakfast and lunch. ▼

Source: [www.acefitness.org](http://www.acefitness.org).

## Procrastination

continued from Page 2

The unknown consequences of taking action can cause a person to hold back, because as dissatisfied with their life as they may be, at least it's familiar. These people often have the "one wrong move" syndrome, and they avoid taking action because they fear it might be the wrong action, which would cause more problems.

- **Low self-confidence** — Sometimes procrastination is caused by a simple lack of confidence. A person may desire to change, and believe they deserve a better life, but they hold back because they question their ability to make

lasting changes. Rather than try, they simply accept the "fact" that they can't do anything about it.

Only you know for sure what makes you procrastinate. If none of these strike a chord with you, write on a sheet of paper, "*I avoid taking action because...*" and let your thoughts flow freely. Don't censor yourself, and your subconscious mind will likely spill the beans. ▼

Wendy Betterini is a freelance writer specializing in self-improvement and personal development concepts. Visit her website, [www.WingsForTheHeart.com](http://www.WingsForTheHeart.com) for free articles on positive thinking, goal-setting, self-esteem, personal growth, and more.

## Developing a Plan of Action

continued from Page 2

Even tiny actions have the power to change everything. Most notably, you suddenly realize that there is nothing to fear. Once you push through that initial terror, you realize that you're still OK. This gives you the courage to take another step forward, and another. The more you work at it, the easier it becomes.

Procrastination is a habit that can create a destructive state of mind if it's not addressed. The good news is, it is completely within YOUR control to take charge of your behavior and stop letting fearful thoughts rule your life. The end of the year, and early 2008, is a great time to start. ▼

Source: Wendy Betterini