

procrastination and and mast\*\*\*\*\*n

Posted by 5770 - 12 Jan 2021 15:21

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I don't have any solutions or sagely tips, just wanted to mention that I notice this correlation in my life. So many things to fix!!

They rhyme don't they?  
Day 3, yay me.

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Re: procrastination and and mast\*\*\*\*\*n

Posted by DavidT - 12 Jan 2021 15:43

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If we put the benefits on one side of the scale, and the "trouble" or "annoyance" of just "doing it" quickly, right now, 'get-it-over-with-already-now' on the other side, the choice should be simple! Right? Wrong! We will (almost) always choose the easier, simpler (yet often stupider) way first. Why suffer discomfort even for a minute? We like to feel good, calm, no waves in my pool - comfortable. Why mess that up?

It's our choice to pick a little discomfort now, in order to heal, recover, and live a happy, healthy, sane and useful life. The choice seems much easier when put that way. It even feels quite good to make the right choices now.

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Re: procrastination and and mast\*\*\*\*\*n

Posted by 5770 - 15 Jan 2021 01:59

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rationaly speaking, and when i feel "sane" - I agree with everything you stated DavidT...trouble is I go downhill into temporary mild insanity way too frequently.. then all bets are off!

Day 6!! Yes!!

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