

The Root of Procrastination Undermines God's Plans for You

Until you dig up the root, you won't affect the fruit. This is why it's vital to address why you're not doing the things you know you should do. In a word, I'm talking about procrastination.

Why do you procrastinate? Until you understand the root reasons, you aren't going anywhere. But once you understand the roots beneath the symptoms, you'll be on your way to a more powerful, peace-filled and productive life.

Perfectionism is a symptom of procrastination—and a form of self-sabotage. It will undermine everything God wants for you—and everything you want, too. This is why you need to get to the root of what's driving your inability—or refusal—to take action.

Two of the roots that feed procrastination are the fear of failure and the fear of rejection. I know this from years of firsthand experience. Maybe my honesty will inspire you to not let perfectionism get the best of you.

Stop and think about it: Perfectionism will rob you of God's best—but if you dig up the root, you'll take care of the fruit.

What is it that you're afraid of? Be honest with yourself and with God. Ask Him—and pay attention to His answer. Take some time for personal reflection to determine if your procrastination may be the symptom of being afraid to fail or a fear of being rejected by people.

Catch the companion episode and go deeper! Episode 23 of the

Courageous Nation podcast is called *What In The World Are You Waiting For? Part 1* on the Charisma Podcast Network. It will help you overcome procrastination. {eo}

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