

Each Goodly Thing Is Hardest To Begin: Overcoming Procrastination and Taking Action

The saying goes, "Each goodly thing is hardest to begin," and it couldn't be more accurate. We often find ourselves struggling to start something, whether it's a new project, a healthy habit, or even a simple task. Procrastination is a common enemy that holds us back from reaching our full potential. But why is starting so difficult, and how can we overcome this resistance?

The Psychology behind Procrastination

Procrastination is not simply laziness or a lack of motivation; it's a complex psychological phenomenon. Our brains are wired to seek immediate rewards and avoid discomfort. The fear of failure, perfectionism, and the overwhelming nature of a task can all contribute to our inclination to delay starting it.

On a deeper level, procrastination can also be a reflection of our subconscious fears and doubts. Starting something new means stepping out of our comfort zone, facing uncertainty, and potentially exposing ourselves to criticism or failure. These underlying emotional factors can significantly impact our ability to begin.

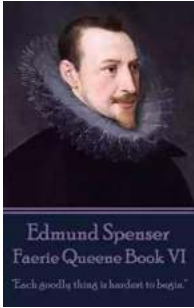
Faerie Queene Book VI: "Each goodly thing is hardest to begin." by Todd Keene(Kindle Edition)



5 out of 5

Language : English

File size : 397 KB



Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 126 pages
Paperback	: 78 pages
Item Weight	: 4.3 ounces
Dimensions	: 5.85 x 0.2 x 8.27 inches



The Drawbacks of Procrastination

Procrastination may provide temporary relief from stress or anxiety, but in the long run, it hinders personal growth and achievement. Putting off tasks leads to increased stress levels, lowered self-esteem, and a decrease in overall productivity.

When we delay starting a project, it accumulates, creating a backlog of tasks that becomes even more overwhelming. We end up rushing, compromising quality, and potentially missing deadlines. This cycle only reinforces our negative feelings towards starting, perpetuating the procrastination cycle.

Overcoming Procrastination

While overcoming procrastination isn't always easy, it is possible with the right strategies and mindset. Here are some effective techniques to help you kickstart your journey towards taking action:

1. Break It Down into Smaller Tasks

One of the main reasons we procrastinate is the overwhelming size of a task. By breaking it down into smaller, manageable tasks, it becomes less

intimidating and easier to begin. Create a to-do list with specific action steps, and focus on completing one task at a time.

2. Set S.M.A.R.T Goals

S.M.A.R.T goals are specific, measurable, achievable, relevant, and time-bound. By setting clear and well-defined goals, you give yourself a sense of direction and purpose. These goals act as a roadmap, guiding you towards action and holding you accountable.

3. Create a Routine

Routine and discipline play a vital role in overcoming procrastination. By establishing a consistent daily routine, you eliminate the need for constant decision-making, making it easier to start tasks without hesitation. Find a balance between structure and flexibility to maintain motivation.

4. Embrace Imperfection

Perfectionism often goes hand in hand with procrastination. Remember that no one is perfect, and waiting for the perfect moment or outcome will only hold you back. Accept that mistakes are part of the learning process and focus on progress rather than perfection.

5. Eliminate Distractions

Identify and remove any distractions that hinder your ability to start. This may include turning off notifications, setting boundaries with social media, or creating a designated workspace. A distraction-free environment will help you maintain focus and increase productivity.

6. Find an Accountability Partner

Having someone to hold you accountable can significantly boost your motivation to start and follow through with tasks. Find a friend or colleague who shares similar goals or interests and regularly check in with each other. Celebrate milestones together and provide support when needed.

7. Visualize the Outcome

Visualize the end result and the sense of accomplishment you will feel once you overcome your inertia. Imagine how your life will improve, the skills you will gain, and the opportunities that will arise from taking action. This visualization can ignite the motivation needed to begin.

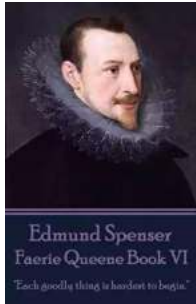
The Power of Taking Action

Once you overcome the initial resistance and start taking action, you will experience a transformative shift in mindset. Taking action builds momentum, increases self-confidence, and breaks the cycle of procrastination. With each step forward, the task becomes less daunting, and you gain a greater sense of control.

By consistently challenging yourself to begin each goodly thing, you cultivate a growth mindset that embraces new challenges and opportunities. This continuous cycle of action and growth leads to personal fulfillment, success, and a life rich in accomplishments.

Breaking the cycle of procrastination is not an overnight fix. It requires self-reflection, self-discipline, and a willingness to step out of your comfort zone. However, by implementing the strategies mentioned above, you can overcome the fear and resistance that comes with starting something new.

Remember, each goodly thing is hardest to begin, but it is also the most rewarding. Embrace the challenge, take that first step, and watch as your life transforms into one filled with purpose and achievement.



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One of the greatest of English poets, Edmund Spenser was born in East Smithfield, London, in 1552. He was educated in London at the Merchant Taylors' School and later at Pembroke College, Cambridge. In 1579, he published *The Shepheardes Calender*, his first major work. Edmund journeyed to Ireland in July 1580, in the service of the newly appointed Lord Deputy, Arthur Grey, 14th Baron Grey de Wilton. His time included the terrible massacre at the Siege of Smerwick. The epic poem, *The Faerie Queene*, is acknowledged as Edmund's masterpiece. The first three books were published in 1590, and a second set of three books were published in 1596. Indeed the reality is that Spenser, through his great talents, was able to move Poetry in a different direction. It led to him being called a Poet's Poet and brought rich admiration from Milton, Raleigh, Blake, Wordsworth,

Keats, Byron, and Lord Tennyson, among others. Spenser returned to Ireland and in 1591, *Complaints*, a collection of poems that voices complaints in mournful or mocking tones was published. In 1595, Spenser published *Amoretti* and *Epithalamion*. The volume contains eighty-nine sonnets. In the following year Spenser wrote a prose pamphlet titled *A View of the Present State of Ireland*, a highly inflammatory argument for the pacification and destruction of Irish culture. On January 13th 1599 Edmund Spenser died at the age of forty-six. His coffin was carried to his grave in Westminster Abbey by other poets, who threw many pens and pieces of poetry into his grave followed with many tears.



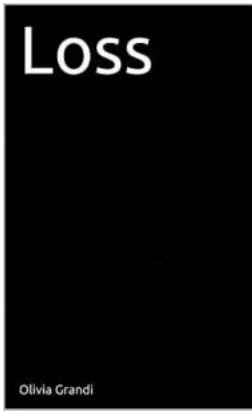
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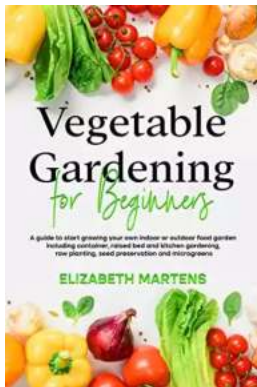
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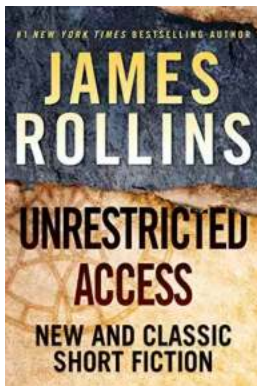
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