



May 3, 2010 – Grand Rapids, MI

Procrastinate

If you're a goal-oriented person, you probably hate the word *procrastinate*. We read and hear about how it's the one thing that keeps us from our goals. The problem is that it's also true.

We don't take action. We delay. Life happens. We call them reasons. The problem is that there should be no exceptions to doing whatever is necessary to move toward what we want to achieve.

Think of it this way. You are where you are in relation to your health goals, whether they're fitness, weight loss, or other health-related goals, because of everything you've done up to this point. If you're on track, great. If you're not, why not? For me, life happens every day and I let it affect my goals—I've missed workouts and messed up my eating plan. At the time, it seems reasonable, but really? It's just putting off what I know I have to do.

There are 59 days left until June 30th, the end of the first half of 2010. You may be exactly where you need to be to accomplish your goals. Or you may be way behind because you've procrastinated when life got complicated. Well, here's a thought: life will always get complicated. What could you accomplish if you just flat out went for it? What if life didn't get in your way because you wouldn't let it? It all comes down to one thing:

What are you prepared to do today?

Dr. Chet

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