

LAZINESS - WHAT TO DO ABOUT IT

Posted by Shteeble - 05 Sep 2010 02:26

Welcome to the ~~official~~ unofficial thread for those like me who are striving or will be striving to overcome laziness.

LAZINESS is defined as sluggish... and disliking activity or exertion.

This thread is not intended for folks who get lazy ONCE IN A WHILE. (Although you may find help here as well.)

This thread is intended for those like me who have to deal with laziness THROUGHOUT THE DAY EVERY DAY.

Lemoshol....

You may have responsibilities and know it...

You may have time on your hands available to accomplish what needs to be done....

You may even be knowledgable in subjects such as time management and the like....

You may have short term goals, long term goals, calendars, lists, organizers, and everything

else...

BUT YOU'RE LAZINESS USES UP AN ESTIMATED 40% TO 80% OF YOUR AVAILABLE TIME!!!!

If that sounds like you have a seat.

Or on second thought, sitting down makes things worse....

It is my new discovery that laziness leads to idleness which leads to boredom (or equals boredom?) which leads to truhbbllle

Yes, I know that it's not really a NEW discovery.

Let's get together and overcome our laziness.

Please post any and all tips, big or little.

p.s. If you don't struggle with laziness, and you didn't even know what the word meant until I defined it for you above then....

please don't post anything like.... "just get off the couch and get busy like me. What's the big deal??"

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Re: LAZYniks Anonymous Group Forming Here
Posted by Shteeble - 05 Sep 2010 02:43

I know what you're thinking.

The people who belong here are too lazy to post.

Well I just proved you wrong.

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Woodford
Posted by Shteeble - 05 Sep 2010 14:44

ok, the next post here gets THE HEIMISHE HECSHER WOODFORD AWARD.

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Re: LAZYniks Anonymous Group Forming Here
Posted by Shteeble - 05 Sep 2010 15:29

The folowing tips were inspired by pg. 92 from the book CONVERSATIONS WITH YOURSELF by R' Zelig Pliskin.

When you're not accomplishing, say to yourself over and over very fast "I MUST ACCOMPLISH. I MUST ACCOMPLISH."

When you are accomplishing (great! the woodfords working) say to yourself over and over very fast "I'M ACCOMPLISHING. I'M ACCOMPLISHING."

When you are unsure about what it is you should be accomplishing right now, say to yourself over and over at a normal/slow pace "I MUST KNOW WHAT I SHOULD BE ACCOMPLISHING RIGHT NOW."

Always say to yourself "I MUST GO MOVE QUICKLY. I MUST MOVE QUICKLY."

Don't do this while driving, talking to your wife, eating, or in any other situations were this could be a hazard.

I'chaim.

it's amazing what a little woodford cand do.

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by trying123 - 05 Sep 2010 19:10

What some people call laziness can be a very real issue in disguise... for example a teenager who never gets up on time could be thought of as lazy, but sometimes he/she is struggling

tremendously with school and thus would rather stay in bed...

Give the kid something he/she can succeed at and feel good about and low and behold he/she is no longer lazy!!

I used to think of myself as Lazy until I realized that there are some very real issues that get in the way of my accomplishing things.... Once I began working on those issues I find that I am accomplishing more and less ""lazy""

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by Shmu - 14 Sep 2010 22:45

world:

I wanted to post here a few days ago, but i never got around to it. Just Joking.

I have struggled with laziness in the past. I was once told by my Rov that laziness oftentimes stems from a person who does not believe in themselves. This makes sense because if a person does not beleive in themself, they think they will not accomplish their work in a acceptable manner and therefore put it off. This ties in with "fear of failure."

However, if you believe that everything comes from Hashem ie your successes come from Hashem, and your failures come from Hashem, and that the successes and the failures are "meant to be", then that should take the pressure off, allowing the "lazy" person to just do, and not worry about the consequences.

Simple in theory, not so much in practice. Requires a rethinking of Emunah and Hishtadlus.

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Re: LAZINESS - WHAT TO DO ABOUT IT

Posted by ToAdd - 15 Sep 2010 06:18

I'm a lazy person in general.

I have just finished reading R' Zelig Pliskin's book: Taking Action: The Art of Joyful Zerizus

It's small and easy to digest.

He has many tips to overcome laziness and many different ideas that really help.

e.g. When feeling lazy, you can ask yourself:

If I were not a lazy person, what would I be doing right now? Picture yourself doing that thing right now. Picturing yourself actually doing it helps you get over that initial rest state that's normally so hard to overcome.

Even better than saying "If I were not a lazy person" is to say "If I were blessed with lots of Zerizus, what could I do right now?"

Stop thinking of yourself as lazy and get on with the job - pretend you have a deadline - pretend you are highly active. Actually picture yourself doing the task, joyfully.

The more joy you associate with accomplishing, the easier it will be to get started. Start with small easy things that you know you can complete. The joy of completing a task will give you momentum to get to the bigger tasks you don't feel like taking on right now.

ToAdd

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Re: LAZINESS - WHAT TO DO ABOUT IT

Posted by Shteeble - 28 Mar 2011 22:13

Welcome back.

Have some Claritin.

Blow off the dust.

Make yourself at home.

What year are we in?

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by geshertzarmeod - 28 Mar 2011 22:15

world! You did it! You dug up your old thread! Kol HaKavod!

You actually overcame your laziness!

Wait, does that disqualify you from posting on this thread? ???

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by Shteeble - 28 Mar 2011 22:21

heh heh.

;D

See that.

I'm all fixed.

Okay, I don't need this thread anymore, or any PA thread.

I'm off to the world of the doers.

enjoy.....

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by Shteeble - 28 Mar 2011 22:23

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okay, I'm back.

I got too worn out.

that was hard work.

where's the lemonade.

I need another break.

I hope you guys didn't miss me too much.

I realize I belong HERE.

where's my recliner.....

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by geshertzarmeod - 28 Mar 2011 22:24

OK I just caught up on the millions of posts

Hey world dont leave so fast! we got work to do here!

wow you are quick! by the time i wrote my response

you were back in your recliner

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Re: LAZINESS - WHAT TO DO ABOUT IT

Posted by Shteeble - 28 Mar 2011 22:28

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by geshertzarmeod - 28 Mar 2011 22:30

seriously now. the pliskin stuff doesnt do it for me, I dont know about you, but I can read all these things, I get real excited about it and then it dies out after a day or two. The one thing that struck a cord is what tried 123 said that we are usually stuck because of other issues. But Im not sure we can deal with that here. Im thinking maybe we can encourage each other to make a list and start tackling things one at a time. what dya think?

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Re: LAZINESS - WHAT TO DO ABOUT IT
Posted by Shteeble - 28 Mar 2011 22:33

You're not going to make me go back and review ALL the posts on this thread.

Oy, I'm tired already.

Oh, Okay. Give me a minute...

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