



THE *REAL* COST OF  
**Procrastination**

MASTERCLASS WITH JOSEPH PECK, M.D. • STOP777.COM

## The Real Cost of Procrastination: How It's Holding You Back

by Dr. Joseph Peck

### STUDY GUIDE

#### INTRODUCTION

You are in the right place IF...

- You're sick and tired of wasting your time and life
- You're ready to face the hidden costs of procrastination and take control of your time, goals, and future
- You're eager to uncover the emotional and psychological blocks holding you back from action and success
- You desire to master the tools of self-awareness and accountability to lead yourself and others more effectively
- You're committed to transformation and seeking practical steps to make lasting, impactful change

This training is NOT for you if you are...

- You're satisfied with the status quo
- You're unwilling to get out of your comfort zone to grow substantially and experience the supernatural abundance of God
- You don't believe procrastination is having a HUGE negative impact on your life and your effectiveness
- You're afraid to look yourself in the mirror and face tough questions
- You're not desperate to make a much bigger difference in the world

Important introductory remarks

- Procrastination is a major issue that most people struggle with. Chances are procrastination is having a significant negative impact on your life.
- The financial costs of procrastination are very significant. Even though I am better at stewarding my time and life than the vast majority of people, if I am really honest with

myself, procrastination cost me at least \$100,000 to \$1 million in 2024 with missed opportunities.

- My guess is that **procrastination is costing you at least \$1,000/month** and that is probably a very conservative number.

### **Prayer**

Most gracious and merciful Heavenly Father, thank you for this opportunity to talk about time and procrastination. We praise You as the God of eternity, the God of eternal time, the God who's outside of time. LORD, You work with us through the time that we know, through chronological time and through Kairos time—God-given moments where so many different things come together for appointed times of Yours.

Lord, we recognize that we have Holy Spirit within us, the Spirit of Christ, and so we have access to that eternal time. We acknowledge that when we learn how to steward our time well, we can accomplish in a day what used to take us a week or a month or perhaps even a year.

Open our eyes of understanding, our ears to be able to hear, and our hearts to be willing to receive all that you have for us through this training. Father, remove the blinders, anything and everything that's keeping us from seeing what the Spirit of God desires for us to see today.

Father may each of us commit to taking decisive action today to move forward in stopping procrastination for good. We pray this in the mighty and matchless name of Jesus. Amen. Hallelujah.

### **Masterclass Overview:**

The goal of this masterclass is to help you develop an awareness of how much procrastination is costing you, hurting you, and even killing your God-given dreams. We will discuss a few simple things you can do to start taking decisive action, stay motivated, and achieve your goals.

### **A. Vital questions to ask regarding the cost of procrastination in your life**

*“When your WHY is big enough, the HOW will work itself out?”* — Dr. Joseph Peck

To understand the true cost of procrastination and its impact on your life, it's essential to ask yourself deep, reflective questions. These questions help you assess the emotional, professional, and personal consequences of delaying action. Here are some vital questions to consider:

- Why do you think you put off things you know you should be doing?
- Do you often find yourself delaying important tasks, even when you know they're crucial?

- What opportunities have you missed (this year) by procrastinating?
- How is procrastination affecting your long-term goals?
- **How much time have you wasted by delaying important tasks?**
- **How much money or financial growth have you lost due to procrastination?**
- **How has procrastination affected your relationships?**
- What is the emotional toll of procrastination on your mental health?
- How has procrastination affected your self-esteem and confidence?
- How has procrastination impacted your productivity and effectiveness?
- What are you avoiding by procrastinating?
- What are the long-term consequences if you continue to procrastinate?
- How is procrastination limiting your potential?
- How do you feel when you finally complete tasks you've been avoiding?
- What beliefs or excuses are you holding onto that fuel your procrastination?
- How would your life improve if you stopped procrastinating?
- What separates effective leaders from those who simply manage?

By answering these questions honestly, you can gain clarity on the hidden costs of procrastination and the benefits of overcoming it. This self-assessment is crucial for making meaningful changes and taking control of your time, goals, and life trajectory.

## **B. Quotes about procrastination to inspire, embolden, and motivate you**

Often procrastination strikes when you're low on energy or enthusiasm or when you feel overwhelmed by a very busy life. It can be hard to break down complex overwhelming tasks into small manageable tasks.

But a spark of inspiration or revelation can turn that mood around. A single quote that resonates with you can transform your day, week, month, or even year into a productive one and remind you WHY what you are doing is important OR WHY you need to stop doing something.

Here are some quotes that may resonate with you:

- "Procrastination is the thief of time." — Edward Young
- "Procrastination has been called a thief—the thief of time. I wish it were no worse than a thief. It is a murderer; and that which it kills is not time merely, but the immortal soul." — William Nevins, in his book *Practical Thoughts*
- "It's the job that's never started that takes longest to finish." — J. R. R. Tolkien, *The Fellowship of the Ring*
- "Someday is not a day of the week." — Janet Dailey
- "A year from now you may wish you had started today." — Karen Lamb
- "You may delay, but time will not." — Benjamin Franklin

- “In delay there lies no plenty.” — William Shakespeare
- “You cannot escape the responsibility of tomorrow by evading it today.” — Abraham Lincoln
- “Procrastination is the grave in which opportunity is buried.” — Unknown Source

### **C. What success is and isn't**

Until you know what success looks like for you long-term, it's likely you will waste a lot of your time and life pursuing lesser goals.

Success can be a complex and subjective concept, as it often depends on individual values, goals, and perspectives.

For me, success is abiding in Christ, hearing and responding to the voice of my Heavenly Father, knowing and doing God's will every day, and living my life on purpose each day.

Here's a breakdown of what success is and isn't:

#### **What Success Is:**

- Personal Fulfillment
- Progress Toward Goals
- Contribution and Impact
- Resilience and Overcoming Challenges
- Balance and Well-Being
- Living Authentically
- Continual Learning and Growth
- Gratitude and Contentment

#### **What Success Isn't:**

- Purely Material Wealth
- Perfection or Flawlessness
- Comparison to Others
- Approval or Validation from Others
- A One-Time Achievement
- Chasing Every Goal
- Constant Busyness or Hustle
- Fame or Popularity

Success **is** about personal fulfillment, making progress toward meaningful goals, contributing to others, and living in alignment with your values. It involves resilience, continual growth, and living authentically.

Success **isn't** about material wealth, perfection, or comparing yourself to others. It's not defined by constant busyness, external validation, or fleeting moments of achievement. Instead, it is a holistic and deeply personal journey.

## **D. Understanding the Root Causes of Procrastination**

Here, our goal is to uncover the hidden drivers of procrastination and how self-awareness can shift our behavior. This understanding is critical for leaders, both personally and in guiding others.

### Introduction

- Identifying the root of a problem and cutting that root is essential to eliminate the problem for good.
- There are psychological, emotional, and environmental factors that cause procrastination. Addressing these root causes is essential for self-leadership.
- In this free masterclass, I just scratch the surface of this important topic of "Understanding the Root Causes of Procrastination," but in my 4-lesson course "How to Stop Procrastinating," I devote an entire lesson to cover this in more detail.
- **Procrastination defined:** The habitual or intentional delay of starting or finishing tasks, even when it results in negative consequences.
- A common misconception is that procrastination is laziness. However, it is often more complex and driven by underlying fears or emotional blocks.

## **Section 1: The Psychology Behind Procrastination**

### Psychological Factors of Procrastination

- Confusion (lack of clarity)
- Fear of failure
- Perfectionism
- Lack of structure/direction
- Overwhelm
- Heart wounds

## **Section 2: Personal Procrastination Triggers**

- Identifying Your Procrastination Triggers
- Common Triggers of Procrastination
- Reflection Exercise

## **Section 3: Using Self-Awareness as a Leadership Tool**

- Why Self-Awareness Matters in Leadership
- Developing Emotional Intelligence (EQ) to Overcome Procrastination
- Action Step: The Power of Accountability

## **E. The Joseph Principles**

In *The Joseph Principles* book, the author Steven K. Scott explores lessons from the biblical story of Joseph (son of Jacob), highlighting twelve key principles for overcoming adversity, achieving success, and developing a closer relationship with God.

Here are the 12 Joseph Principles:

1. The Principle of Vision
2. The Principle of Humility
3. The Principle of Faithfulness
4. The Principle of Forgiveness
5. The Principle of Stewardship
6. The Principle of Excellence
7. The Principle of Integrity
8. The Principle of Patience
9. The Principle of Gratitude
10. The Principle of Trust in God's Sovereignty
11. The Principle of Compassion
12. The Principle of Redemption

These principles are intended to guide readers in applying the lessons from Joseph's life to their own, fostering spiritual growth, resilience, and success in their personal and professional lives.

## **F. Sequential steps necessary for lasting change (transformation)**

Too often, people make desired changes in their lives, only to revert to their former self over time.

Lasting transformation often follows a series of intentional and consistent steps, whether it's in personal development, leadership, or spiritual growth.

While there are at least 12 sequential steps commonly recognized for achieving lasting change, here are four that I consider as crucial:

- Awareness
- Commitment
- Goals
- Accountability

As a Transformational Leadership Coach, I understand that God initiates change and how to coach you, so you experience long-term, sustainable change (transformation) in your life.

I would love to have the opportunity to coach you with my “How to Overcome Procrastination” course to help you become more effective and fruitful and to leave a greater legacy.

*"By this My Father is glorified, that you bear much fruit; so you will be My disciples." (John 15:8)*