

# Are You an Action Taker or a Procrastinator?

By Debra Kasowski

You may have heard the saying; "**Motivation comes from within.**" but when it comes to going after what you want in life, you will encounter two different types of people. You can either be an action taker or a procrastinator. **Action takers** are excited about the opportunities in life that come their way, whereas procrastinators see these same opportunities as one more thing that has been added to their plate. Which one are you?

**Action takers** are those people who take small steps and occasionally big steps to get closer to their goals. They "chunk it down". They break down the big tasks into smaller ones so that a continuous momentum is created. The procrastinator will find many ways to avoid the things they need to do in order to move forward. Why might you ask? Some people are afraid of success. Can you believe it? Afraid of what you really want?

Fear is just one of the many things holding a person back from taking action. They fear that they will lose family and friends if they are successful. Do you think you would lose family and friends if you knew they supported you and wanted to help you achieve your dreams? The action taker will not only bring supportive family and friends along the journey but they will also make new friends along the way.

**Action takers** love adventure and the thrill of the journey. Procrastinators have trouble getting started. They become overwhelmed and feel pressured by deadlines. They already believe they will not succeed before they even get started. Action takers believe in themselves and that there are resources around them to help support them in the goals they wish to attain. These resources may be in the form of relationships, money, and knowledge. With these resources, they take inspired action which creates momentum!

**Action takers** know that excellence and giving one's best is more important than searching for perfection. Perfection is an illusion. The excellence appears when you pay attention to the details of the project or task you are working on. Procrastinators will often miss deadlines because they want everything to be just perfect before they proceed and often become stressed when things do not go as planned. They analyze tasks and think out all the "what if's". You cannot move forward if you over analyze but you can always adjust the course once you get started. Action takers produce results. They make the most of life's mishaps and create new opportunities.

Ultimately, the action taker is motivated by seeing the big picture whereas the procrastinator only sees the one step as a biggest challenge in the journey. Conquer the big things first and take immediate action and create the momentum by making a plan and doing at least one thing each day to get closer to your dream.

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