



# The Politics of Hope Newsletter

## *“Helping Ordinary Citizens Become Extraordinary Public Leaders”*



### **Last Politics of Hope Newsletter: Procrastination No More!**

By Donna Zajonc, August 2009

For over a year I have been thinking about changing the name of my newsletter (“Politics of Hope”) and moving in a slightly new direction. Ok, I admit it. I have been procrastinating.....putting off making the final decision. Well today is it! I made the decision. I am procrastinating no more!

Beginning in September the new name of this monthly newsletter will be **Leadership Matters**. I like the sound of the new title and the double meaning. I will be writing about the matters of leadership AND why leadership matters. You will see a snazzy new look, cool design and more content. Over the next few months I will be folding my current web site [www.politicsofhope.com](http://www.politicsofhope.com), into a new web site that incorporates both my work as well as my husband’s, David Emerald Womeldorff. The new website, [www.bainbridgeleadership.com](http://www.bainbridgeleadership.com) will be ready in September.

For six years I have written under the title “Politics of Hope” and have enjoyed sharing tips and strategies with those who are passionate about leading in the public domain. The new title is broader in scope and allows me to write about leadership in a variety of capacities.

The more experience I have (translation: I am getting older), valuable leadership concepts are applicable to the human experience whether at home, in corporate life, non-profits or public agencies. The title **Leadership Matters** allows me to expand my message.

I’d love to hear from you. **What’s your view of the new title?** Whatever the name, I aspire to share a few meaningful paragraphs each month that aid you on your path as you lead with integrity and inspire others to grow and achieve results on behalf of the common good.

If you find these concepts useful, please pass on this newsletter to others.

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**Now....let’s address the challenge of procrastination.** As I reflected on my own reluctance to make the decision about my newsletter I learned a few things about how challenging it is to move beyond procrastination. Occasional procrastination is not a concern, but constantly putting off what we can do today is a serious issue for many people.

Whether it is waiting to shop on Christmas Eve, paying taxes on April 15 (every year!), not buying the tickets you want before the concert is sold out, procrastination takes its toll on the individual and the organization.

**As a leader we must tell the truth about the extent of our own procrastination.** What excuses do you use to explain why you did not complete a task? Do you fib or stretch the truth to make up excuses about why something isn’t done?

If your procrastination is nearing this point, it is time to go deeper into your psyche and take a look at what emotions or beliefs are keeping you from accomplishing what you want in life.

Being a perfectionist is a common trait for many people who procrastinate. On one hand perfectionism pushes us to excel but the downside to perfectionism is fear that we won’t succeed. Faced with fear, (often the fear is unconscious) we begin to procrastinate and not move toward what we really want.

High standards are great and they often lead us to success. If high standards create a fear of failure then our high standards are working against us. Here are a few tips to help us move through procrastination into action:



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- **Embrace the Good Enough For Now (GEFN) mantra.** I often use the GEFN standard to get me started on these essays. No one else has to see my first draft. GEFN allows me to just start. My fear of having to have it perfect loosens its rein on me if I embrace GEFN. This gives me room to breathe and reduces my fear of failure.
- **Reward yourself.** Buy yourself the favorite latte or get a massage to reward yourself for completing the job. I promised myself a dark chocolate bar once I finish this essay.
- **Tell a friend** you are working on the project. When we go public we are more likely to hold ourselves accountable.
- **Schedule a conversation with a friend** or co-worker to brainstorm about how to get started. As an extrovert, meeting someone over coffee to talk about where I am stuck helps me to talk about where to start. Once I start I often get momentum to edit another draft.
- **Fail more often in order to succeed sooner!** Most of us look back at times in our lives where we failed and discover they were a very important time of learning. Becoming comfortable with failure allows us to move through our fear and tendency to procrastinate.
- **Begin with Baby Steps:** The simplicity of Baby Steps is not to be over stated! Everything starts with just one step. Let go of the pressure to know how something will turn out and you will discover it is easier to take that first step.

As a child we all learned to walk one step at a time. When procrastinating, return to your early learning methodology when it comes to overcoming your inaction. Take one Baby Step at a time. It finally worked for me!

I have moved beyond my procrastination. I am proud of the past six years of writing under the name “Politics of Hope” and all good things come to an end. I embrace Leadership Matters with excitement and look forward to next month’s inaugural edition. See you then!

### Join Me On Facebook!

I stopped procrastinating with the new social networking tools and have finally embraced facebook! I am embarrassed to say, I love it! If you would like to be friends on facebook, [send me a message.](#)

### Quote of the Month

*“The Platinum Rule:  
Do unto yourself as you  
would do unto others.  
(In other words, treat  
yourself with  
compassion and  
kindness!”*

Anonymous



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**Beginning in September I have room for one new client. If you are looking for a challenging coach to help you upgrade your personal and professional leadership skills, please call me at 206-780-9300. We can schedule a complimentary coaching session and together explore what you want to improve in your life and how a coach may be the partner you need at this time in your life.**

**Call today!**

*“Thanks so much for your help with my personal development. There is a lot of change underway, but I feel I am being proactive on many fronts. I have handled these things much more effectively than I would have 6 months ago.”*

*~Executive VP & Director of  
Medical Research*

**Comments?**

**Contact Donna at:**

321 High School Road,  
Suite D3 #295

Bainbridge Island, WA 98110

Phone: 206.780.9300

Fax: 206.842.0296

Email: [Donna@PoliticsofHope.com](mailto:Donna@PoliticsofHope.com)

[www.politicsofhope.com](http://www.politicsofhope.com)



**Donna Zajonc, MA, PCC**  
**Political Leadership Coach**