

7 Reasons You Are Struggling, Wasting Time, and Losing Money (and 7 Solutions to Fix It!)

Now before you get defensive, know that you are not alone. Many people are guilty, at times, of letting some or all of the following reasons hinder their progress, including me! As Maya Angelou said, “when you know better, you do better.” So, read on and let the information inspire you to action!

Here are seven reasons you are struggling, wasting time, and losing money:

1) You are Multi-Tasking

- Multitasking is a myth.
- Research done by *Psychology Today* shows that our brain cannot do tasks simultaneously, we just switch between tasks quickly.
- For example, each time you go from writing an email to having a conversation with someone, there is a stop/start process that goes on in the brain. This can lead to taking twice as long to complete tasks.
- If someone approaches you when you are in the middle of a task, turn and face them and ask them to give you 5 minutes to complete your work or ask them to come back at a designated time when you will be able to give them your undivided attention. You will feel good about completing the work and the other person will feel appreciated and respected.

2) You are not Focusing on Your #1 Priority

- In the book, *The One Thing* by Gary Keller, he says to ask yourself, “What’s the one thing you can do this week such that by doing it everything else would be easier or unnecessary?”
- Determine that one thing, put your focus on it, and make it your #1 Priority.
- This can be challenging. If you are like me, you are juggling a marriage, a business, a spiritual life, care for an aging parent, and oh yeah, eating right and exercising! Yikes!
- I find getting things out of my head by creating a to-do list or mind map helps.

3) You are Allowing FEAR to Rule You

- An acronym for F.E.A.R. is False Evidence Appearing Real.
- You may have fear of the unknown, fear of change, or fear of failure or success.
- Whatever your fear is, you need to let it go. Yes, just like in the movie *Frozen*, the song says, “...and the fears that controlled me can’t get to me at all. It’s time to see what I can do. To test the limits and break through!”
- One way I overcome fear is by thinking of the worst thing that could happen, then creating an action plan to conquer it. When I do this, I often realize that even the worst thing is not the end of the world.

4) You Haven't Developed Good Habits

- Synonyms for habit include practice, custom, pattern, routine.
- In the book, *The Power of Habit* by Charles Duhigg he discusses the importance of developing keystone habits. Keystone habits start a process, which over time, transforms everything.
- Studies showed that making your bed every morning corresponded to improved productivity, a greater sense of health and happiness, and a greater ability to stick with a budget. The act of making the bed caused a shift that started a chain reaction to cause other good habits to take hold.
- Now go make your bed!

5) You Don't Guard Your Time

- Do you set boundaries or are you available to anyone at any time?
- If you had \$86,400, how would you spend it? Would you throw it away or spend it on something meaningful?
- That's how many seconds there are in a day, 86,400! Are you spending your time wisely?
- Continually ask yourself, is this the best use of my time. Then honor the promises to yourself first.

6) You Lack Vision

- Where do you see yourself in a month from now, a year, 5 years, or 10 years from now?
- Do you want to live an exciting and fulfilling life on PURPOSE or do you want to just get by?
- You can start to walk into your desired future by beginning with the end in mind.
- Imagine, at your 80th birthday party, will people say you have done a good job of taking up space or a great job at making an impact on something or someone?

7) You Don't Plan Your Work and Work Your Plan

- Once you have a vision for your life, you must set a plan, then work it!
- Get organized and put a system in place to keep yourself accountable. Use the Plan, Do, Check, Act (PDCA) system. **Plan** your tasks/work, **do** the work, **check** routinely to see if you are on track. Finally, **take action** if revisions are needed to achieve the desired results.
- When planning your tasks estimate the duration of each task and set deadlines based on the end goal date. Be sure to allow extra time to complete tasks because things typically take longer than expected or something unexpected happens to derail your progress. Can anyone relate?
- Be sure not to confuse activity for productivity! Be strategic and be successful!

Conclusion

These seven reasons cause people to be less productive and unfulfilled. By identifying these pitfalls, you can take actions to avoid or eliminate them. Use the actions I have suggested or use your own. The choice is yours. You can stop struggling, take back your time, and make money or not!

Oftentimes, we don't know what we don't know. Which is why accountability partners, mentors, and coaches can be so helpful.

Whatever you do, focus on movement for improvement and celebrate your small wins.

If you are ready to take the next step to regain control of your time and live to your fullest potential, I encourage you to contact me today for a free "Priority Focus" consultation. It will be time well spent!

[Click Here](#)

About the Author:



Lisa Harvey Roach is a Chief Priority Coach, Speaker, and Corporate Trainer. She is the President and Founder of Wisdom Consulting which offers expertise in the areas of Project Management, Communication Skills, Idea/Mind Mapping, and more.

Since 2009, for approximately nine days per month, Lisa has traveled all over the country speaking to corporate employees and entrepreneurs about the fundamentals of project management, communication, and leadership skills. Lisa also serves as the Chief Priority Coach for the National Center for Speaker Training.

Lisa's mission is to ensure entrepreneurs and small business owners learn to prioritize their projects and goals to achieve their desired purpose in serving their community and the world!

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