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The Cure For Laziness

Everyone is different and your reason for laziness may or may not be included in this article. But it may be and possibly cure you from laziness. Think of the benefits of not being lazy. Think of the growth and progress of productivity. Think of how happier you will be.

You need to get to the bottom of the reasons for your laziness before you can cure yourself.

Your cure for laziness may be found in one of the following areas;

Habit

I won't go into too much detail because I have commented about habit in another article. Habits are a big deal. We are creatures of habit. If you are in the habit of coming home from work and clicking on the TV without thinking, you need to break that habit. Post signs up all over your house to remind you of your nasty habit whatever it is even if it is not TV.

I bring that up because one source says the average person watches 26 to 27 hours of TV per week, which is 3 hours per day. Think about the many great ways you could make a difference in the world in place of watching 3 hours of TV. Habits will not be broken without extreme effort.

I don't remember where I picked this tidbit up from but if you do something every day straight without failure for 22 days then you will develop a habit. To break a habit you need to replace it with a good habit.

Psychological

Your laziness could be psychological. Don't rule out seeing a professional. Talk to a trusted friend or family member about it.

Purpose and Vision

I can't think of a greater way to overcome laziness than this one. **Get involved in a cause greater than yourself.** Become passionate about something that will truly change the world. Ignore people who say you have your head in the clouds. Be a dreamer and forget what other people say. Guaranteed if you get involved in a cause you believe in you will sacrifice your all for it.

Knowing the purpose of life helps out with this point. People have a tendency to believe they will live forever. You will not live forever. Someday you will die, and it might be

tonight or tomorrow, and then what. What kind of legacy did you leave? What kind of legacy do you want to leave?

Don't think for one second that there are no causes for you to get involved in. Here are some ideas to get you thinking;

- What about your church
- What about your community
- Start a business: Money is not the root of all evil. Money gives you the ability to create your life. Money gives you the ability to make a greater difference than you otherwise could. Become financially free so you can start a charity.
- Contribute to a charity.
- Think of all the many community service opportunities in your area.
- RAOK; Random Acts of Kindness. Do one thing every day to help someone else. Make someone else smile by your kindness. Try this experiment that is sure to make you a hero. Every time someone provides you great service, instead of just thanking the employee talk to the boss.

Talk the employee up in front of his boss. If you mention that you want to praise his boss, he will sprint to get his boss. Guaranteed you will bring a smile to that employees face. Guaranteed you will feel extremely warm and happy inside. You will want to have that feeling always which requires getting out and doing something. Is there a better cure for laziness than RAOK.

Happiness

Happiness is not found in laziness. Ask yourself if your laziness is worth the cost of not being happy. Is your TV show that you are in a habit of watching truly bring you happiness.

Conclusion

The cure for laziness is most likely found in forgetting about yourself and helping others. It is about making a difference in the world.

About The Author

Bret Bradshaw owns the website www.mindbodyandmoney.com, with information about self-help and self-development and building a business from home.