

## **“Are you L.A.Z.Y.? Or Do You Use The P.U.S.H. Method?”**

*By Dr. Cindy Brown*

*I was day dreaming at the pool the other day, YES I was relaxing, not being lazy, as I thought about this really lazy person I saw the other day sitting at a table with her head down on the table at a time in the middle of the day. And I wondered... what makes up a lazy person and what qualities make a productive, successful person? And here is what I came up with from my experience as a Coach, therapist, and successful entrepreneur.*

**People who are “L.A.Z.Y.” show these qualities:**

**Lack of self-awareness and consciousness** about, where you are, what’s happening in your life, what you really want- So you may end up being bored, uninspired, unmotivated to be productive. Lack of energy breeds lack of productivity and success.

**InAttention to what you want in your life** and in your future. In other words, you lack attention to your vision. You don’t put any thought into it, nor do you write down your goals.

**Zapped you are, No Zeal, You act like a Zombie, You Are definitely NOT IN THE ZONE! You Have No Zazzle in your energy!**

**You Are not moving forward towards your goals, or your true potential.** You may not exercise, you may not say “Yes” to new or uncomfortable opportunities, **You may give into the small voice in your head that talks at you and influences you by saying “I don’t want to!”** And you let it control your behavior.

**In Contrast I find that the people who are productive, happy and successful use (what I call) the P.U.S.H™ method.**

**These types of people:**

**Pay Attention to where they are all the time,** They write out their goals and look at their vision to keep them on track for success each day and into the future.

**Understand they must do something different in order to get different results!** So they are ALWAYS Pushing themselves, trying new things, Saying YES to new opportunities (Not just doing the same things and expecting different results...remember that is the definition of INSANITY!)

**Stepping Forward regardless of their fears and discomfort or “not want’tos.”** They are motivated to overcoming their fears by doing what others won’t do. They get a rush by overcoming fears/weaknesses in their character.

**Happiness upon completion of tasks and goals and celebration upon accomplishment of something they were challenged to do but overcame that challenge by just doing it!**

**So Now I will ask you the Question again! Are You LAZY? OR DO you want to use the P.U.S.H™ Method in order to be more productive and successful?**

I know I certainly want to continue to use the P.U.S.H™ method more often and Plan out my LAZY times! SO I can be even more successful!

It seems that successful people may be better at balancing out there relaxing and productive times. It’s up to you to become more self-aware so you know when you are the most productive and when you are not. I have found I am most productive with my article writing late at night. I started utilizing this knowledge and changed my schedule to accommodate my need to sleep in the next morning, since I usually stay up until 2:30am or 3am each night. Since I have implemented this late night/early morning schedule, I have accomplished so much more and I am happier because of this.

**What can you do right now to utilize what you’ve learned here? Email me and tell me what you are committed to do! Come on, Stop being LAZY! PUSH Yourself!**

**Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before. Give me a call or [contact me](#) so I can support you in having the best life you’ve ever had!**

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