

Is Analysis Paralysis Affecting You?

IS TOO MUCH information a blessing or a curse? The gift of modern times – Google and other search engines – is an intimate friend. You hear about a new term, disease or news, and you can instantly read all about it. That is great ... till you discover the catch! You forget to stop at the point of analysis and get sucked into the over analysing crusher.

Over analysis often results in little or no action. The more you procrastinate, the more entangled you get in the cobweb of your thoughts. You spend so much time thinking about what can go wrong and how you need to make your strategy fool proof that you lose confidence, enthusiasm, and the ability to implement the thought into action. The false sense of control you exercise to ensure the perfect outcome misleads you on the path of indecisiveness and leaves you looping with nowhere to exit. It is exhausting, frustrating, and captivating.

How can you overcome Analysis Paralysis?

- Work on building Awareness. The more mindful you are, the easier it will be to respond rather than react. You will objectify the situation by taking a step away from the chaos and see the bigger picture.



THE ESSENTIAL ELEMENT IS TO ENJOY WHATEVER YOU ARE DOING, EVEN IF IT IS CHALLENGING. THE ART OF ENJOYING LIVING COMES FROM BEING CONSCIOUS OF YOUR ACTIONS

- Perfection is an ego game that holds you back. Stop waiting for perfection. Once you are 70-75 per cent prepared – go for it!

- Break the decisions into steps. Do a SWOT analysis – Identify your Strengths and use them effectively! Work on the weak areas, or you can get someone to help you with those areas. That will minimise your fears.

Opportunity creates motivation to perform; use them effectively to motivate yourself. Threats, once known, can be faced up to with preparation and remember – you cannot prevent every possible outcome.

- The timeframe is critical to help you move forward. Set a Timeline and put some healthy pressure on yourself and your team.

- Whenever you feel fearful or consumed, take a break, do deep breathing. Go for a walk or do some gentle movements to shift the energy block.

- Put more energy on solutions rather than problems. When your determination is more robust than your doubts, you move forward.

- Give it your BEST and then take REST. When you let go of control, you accept outcomes more gracefully, making decision-making much more comfortable.

- Get creative – choose an interactive hobby or interest that diverts you from mental congestion to clarity.

- Seek a Mentor you can trust and take help from. When you try to do it all by yourself, it can be overwhelming and backfire.

- Practice Letting Go of Fears. You have to let go of past setbacks, disappointments, and fears. Remember, you have learned from those experiences, and with the new insights, you are better equipped.

The essential element is to enjoy whatever you are doing, even if it is challenging. The art of enjoying living comes from being conscious of your actions and taking responsibility.

*When you work on making your motivation stronger than your fears, you become a performer. **BW***

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