

## Life Secret #40

Written by Gayle Nobel  
Friday, 03 August 2012 20:17 -

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I think I have finally discovered one of life's secrets.... the secret to feeling really, really great!  
Here's how it goes:

- 1- Procrastinate on doing something that really needs to be done, something important.
- 2- Keep procrastinating- as in for a few years (5 works really well).
- 3- Decide ALAS, you must get it done.
- 4- Pick a day and time to do it.
- 5- When that day comes, decide to do it the next day.
- 6- Repeat #5 for a few days until you absolutely can't stand it.
- 7- FINALLY do it! (Or at least start on it.)
- 8- PHEW! If you started on it, doesn't that feel really good? If you got it done, or mostly done, don't you feel great? Thought so!

I am writing this from first hand experience. I have been procrastinating on something important for a really long time- longer than 5 years. I have "been meaning" to write a Letter of Intent for at least that long.

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The Letter of Intent is a letter stating my wishes for Kyle after my husband and I are gone, as in no longer on this earth in human form. What are my Heart's Desires? I wrote about this in Breathe. What is my vision for him? If something were to happen to both of us tomorrow, what happens to Kyle? These are tough issues to face. There are a lot of questions with no clear answers. Just best guesses, based on what I know now. It's very hard when you have a child who will always need tremendous support in every area and hands on care. How do you plan for them fully?

Though it has rolled around in my mind for years and I have even jotted down notes, I have never actually written the letter. Until this morning.

On August 10, next Friday, my husband and I are going to Switzerland and France for a vacation. Kyle is staying home with Tammy. A letter of intent should be tucked away. Just in case.

Alas, I can now report that it is written and it is amongst our important documents. Dang, it feels good! I mean really, really, REALLY good!

And, it was not as hard to write as I imagined it would be. Though I may not have had the most ideal or clearest answers, I did my best based on what and who I know today. And because I put it off for so long, the surge of relief is enormous. I suppose that's a benefit of procrastination. And doing something I imagined to be difficult.

PHEW! Glad to have that one checked off my list... at least until I am ready to revise it. :-)

And you?

PS

I have begun a travel blog.... [It's All About ALTITUDE](#) ! My husband will be joining me on the

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blogging trail. He's a funny man and will be a nice balance to serious me. Check it out. If you want to follow along, you can subscribe.