



Hi Coach Andrea,

I find myself procrastinating a lot lately. I'm so worn out when I get home from working; all I want to do is 'veg-out' in front of the TV. I feel stressed and guilty because I'm not accomplishing the things I want to do. I know that I need to turn the TV off but I don't know what to do instead.

Thank you,
Stuck in TV Land

Dear Stuck in TV Land,

I certainly understand your frustration. For some people, working a full time job can be draining. A common practice at the end of the day is to choose mindless activities, like television watching, for relaxation. However, I believe that television watching actually steals your time. [According to the A.C. Nielsen Co., the average American watches over five hours of television per day.](#) Think about how much time you could recoup if you just turned off the boob-tube.

In order to get the most out of your time, turn off the television and focus on what's really important to you. Write down your intention for the remainder of this year. Your intentions are the "what and why" that you desire. Next write down your one to five goals to achieve this intention. Goals are the "how, when, and where." Goals are specific and measurable. Now commit at least one of those five hours to your goals. Devoting just one hour daily to your goal equates to 365 hours of focus per year. When was the last time you put that much focus on your goals? Anything you focus on will grow, so naturally within one year you will have made significant progress toward your goal. What if you devoted all five hours? The sky is the limit but it starts with one simple decision. Turn off the TV and start living your dream.