

What is Procrastination?

Procrastination is the habit of delaying or postponing tasks, often choosing short-term comfort over long-term benefits. Even when we know a task is important, we put it off in favor of something easier or more enjoyable.

Key Aspects of Procrastination

- **Avoidance:** Choosing distractions over the task at hand.
- **Delay:** Pushing a task to "later" without a real reason.
- **Self-Sabotage:** Knowing the consequences but still not acting.

Why Do We Procrastinate?

- **Emotional avoidance:** The task feels stressful, boring, or overwhelming.
- **Instant gratification:** Our brain prefers quick rewards (like social media) over effortful tasks.
- **Perfectionism:** Fear of not doing something perfectly leads to avoiding it altogether.
- **Lack of motivation:** The task doesn't feel urgent or exciting.

Effects of Procrastination

- Increased stress and anxiety
- Missed opportunities and deadlines
- Feelings of guilt and frustration

How to Overcome It

- **Start small:** Commit to just 5 minutes.
- **Break tasks into steps:** Make them manageable.
- **Use deadlines and rewards:** Create motivation.
- **Remove distractions:** Make focus easier.

Do you tend to procrastinate on certain types of tasks?