

Procrastination

Are you a procrastinator? We never get to know how and when we become procrastinators in our lives. Everyone procrastinates. This happens when we don't want to do a particular thing or when we have many other things to do on our list. Reason for this being we all are very disorganised in our lives. We never do things before the deadline. When we are not disciplined, how can we expect a good quality of the work we do?

We never examine the consequences of procrastinating things. It has both external and internal effects on us. For example, by procrastinating we might not be able to submit the given assignment in time, as a result, we might lose marks. Apart from this when the submission date is nearby, pressure builds in, we feel more anxious.

As mentioned above when we work under pressure, we stress ourselves a lot, obviously, this will again have a negative impact on our health. When we work with procrastinators, because of their inability to do the work in time, it affects the overall submission. This might have a negative impact on our friendship too.

Let us first understand why we tend to procrastinate things. It is not just because we are lazy, there might be other reasons also. We don't have a clear mindset. We never organize things, we don't prioritise things, we take everything for granted. Or sometimes we feel we are not capable of doing a particular task, at times we might lack the motivation of doing the work.

Don't let this habit of procrastinating things continue in your life. Build a productive environment. Stop delaying things. Get organised in your life. Set your own deadlines for completing the work even before the actual deadlines. No one can be perfect in what they do. But give your best in whatever you do.

Change your attitude. Given a task, do it with full excitement. Tell yourself that you can do it and you are capable of doing it. Build confidence in yourself. Make yourself accountable for everything you do. Get motivated. Get inspired by doing things instead of procrastinating them. Build that commitment in yourself. Reward yourself for doing things on time.

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