

Procrastination WTF: Are You Wasting Time Frequently?

Do you find yourself constantly putting off tasks until the last minute? Do you feel like you're always running behind and can never catch up? If so, you may be procrastinating.



PROCRASTINATION WTF? Are you Wasting Time Frequently?: Learn how to cure laziness & OVERCOME PROCRASTINATION once and for all. by Malcolm JOHANSSON

★★★★☆ 4.4 out of 5

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Procrastination is the act of delaying or postponing a task or set of tasks. It can be a major problem, as it can lead to missed deadlines, lower grades, and lost opportunities.

There are many reasons why people procrastinate. Some of the most common include:

- **Fear of failure:** Some people procrastinate because they're afraid of failing. They may worry that they won't be able to complete the task to a high standard, or that they'll be judged negatively if they don't succeed.
- **Lack of motivation:** Other people procrastinate because they're not motivated to do the task. They may find it boring or uninteresting, or they may not see the point in doing it.
- **Overwhelm:** Some people procrastinate because they feel overwhelmed by the task. They may not know where to start, or they may feel like they don't have enough time to complete it.
- **Perfectionism:** Some people procrastinate because they're perfectionists. They may set unrealistic standards for themselves, and then feel like they can't start the task until they're sure they can do it perfectly.

Whatever the reason, procrastination can have a negative impact on your life. It can lead to:

- Missed deadlines
- Lower grades
- Lost opportunities
- Increased stress
- Lower self-esteem

If you're struggling with procrastination, there are a few things you can do to overcome it:

- **Identify your triggers:** The first step to overcoming procrastination is to identify your triggers. What are the situations or tasks that make you most likely to procrastinate? Once you know your triggers, you can start to avoid them or develop strategies for dealing with them.
- **Set realistic goals:** If you set unrealistic goals, you're more likely to feel overwhelmed and procrastinate. Instead, break down your goals into smaller, more manageable steps. This will make them seem less daunting and more achievable.
- **Reward yourself:** When you complete a task, reward yourself for your effort. This will help you stay motivated and make procrastination less appealing.
- **Get help:** If you're struggling to overcome procrastination on your own, don't be afraid to seek help from a therapist or counselor. They can help you understand the underlying causes of your procrastination and develop strategies for overcoming it.

Overcoming procrastination can be challenging, but it's definitely possible. By following these tips, you can break the cycle of procrastination and start living a more productive life.

Additional resources

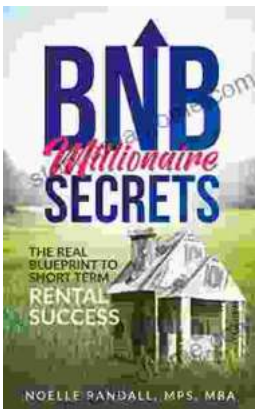
- [Procrastination Canada](#)
- [12 Tips for Overcoming Procrastination](#)
- [How to Stop Procrastinating and Get Stuff Done](#)



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