Unraveling Some Interesting Facts About Procrastination by Cody

Article published on February 15th 2012 | Self Help

There are several ways to avoid success in life. Procrastination is perhaps the shortest one. It can stop you dead on your way to success; it can kill your motivation and destroy your productivity. As a matter of fact, procrastination can make you settle for less when you know that you can and deserve to achieve much more! Procrastination can lead to stress, depression, and a sense of guilt. It can have a destructive effect not only on your personal life and work performance but also on your health and self-esteem.

Do you want to be successful? Obviously, we all want to be, right? Before that, let us learn the secret formula to attain success in life. Here it isâ€¦ Success can be defined as the integration of time, effort, and ability.

It means you can have all the time in the world plus great ability to do a task. However, if you donâ€™t put any effort, then there is no way you are going to be successful. So, why do we procrastinate? It is simply because we donâ€™t feel like doing the required task!

People generally procrastinate for two main reasons. The first is because the task may seem annoying or too insignificant to worry about. For example, organizing a messy desk or doing a laundry can be among the most boring tasks for people who procrastinate. The second reason is because the task may seem too difficult or time consuming and might require a bit of concentration and effort. For example, studying or looking for a job could be some of the tasks which people find are too tedious.

Procrastination types

The relaxed type

We can say that almost 90% of the procrastinators will fall under this category. Relaxed types of procrastinators intentionally avoid situations in life as it causes displeasure to them. They would rather prefer indulging in more enjoyable activities. The most common excuse such people give for their failure to do a task is â€œI will do it tomorrowâ€•. But tomorrow never seems to come for them!

The genius type

This type of procrastinators care about the task needed to be done but wait until the last minute to complete it. Generally, they have the ability and skill but they are just lazy to do it. They know that they can achieve good results even with minimal effort. But if there isnâ€™t a certain deadline, they work lethargically as there is literally no sense of urgency to complete the task. If you like to work under pressure then you probably belong to this category. But the thing is if you are going to make it a habit then you will fail to realize your full potential and miss the opportunity to show others what you are really capable of.

The avoider type

The avoider type procrastinators usually have just one major problem. They have grandiose dreams in mind but are absolutely unrealistic about their time. This often makes them feel overwhelmed with pressure, pessimistic, and get disappointed with themselves. This behavior becomes a vicious cycle of failure and delay. Moreover, the avoider type procrastinators are generally very sensitive to what others think and say about them. Being deemed as a failure may paralyze them from trying all

together. If not changed, this type of behavior can not only put a full stop to their career but can also have a debilitating effect on their personal life and relationships.

So how do you handle procrastination? Simply by stop blaming! By blaming on others, you are only pushing success farther away from you. Not to mention that itâ€™s damaging for your self-worth and self-esteem. So, start taking steps to become more active and stay focused on achieving your goals. And donâ€™t procrastinate for this too!

Cody is a freelance writer. He develops informative content on a wide range of topics including entertainment, technology, food, self improvement, and personality development. He spends his leisure watching self improvement programs with his service offered by one of the popular Satellite TV Providers.

Article Source:
http://www.articleside.com/self-help-articles/unraveling-some-interesting-facts-about-procrastination.htm - Article Side

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Article Keywords:
Satellite TV Providers, Satellite TV, Procrastination

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