

Title:

The Hidden Costs Of Procrastination

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Summary:

Be honest - are you one of those people who puts things off? It's ok - we all do it. It's human.

Why do we procrastinate? In general, we procrastinate because the task we are putting off is unappealing.

Keywords:

time management, procrastination

Article Body:

Be honest - are you one of those people who puts things off? It's ok - we all do it. It's human.

Why do we procrastinate? In general, we procrastinate because the task we are putting off is unappealing.

But the effects of procrastination can run deeper than just not doing the task. Other problems arise.

Being branded as lazy: When people notice that you haven't completed particular tasks, you can be labeled as lazy.

Creates clutter: Many unfinished tasks can leave a lot of clutter around - books, papers or other items.

Bad for morale: There is nothing worse than knowing you have a job you need to do, and knowing you aren't doing it.

You have no leeway: When you put something off, jobs accumulate. This means if an urgent task arises, you're behind.

It becomes more unpleasant: The job itself may not change by putting it off, but the feeling of doing it does.

Now to be fair, sometimes procrastinating isn't a conscious action. Particular jobs just never seem to get done.

But you can save yourself a lot of mental clutter, and perhaps even more discomfort later on, by getting things done.

So, now you know about procrastination you have to ask yourself the question - "what am I going to do about it?"

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