

PROCRASTINATION

This month's activity focuses on procrastination. August tends to be the month of preparing for our new chapters in life, but sometimes we can procrastinate getting ready!

What is procrastination?

Some people mistake procrastination for 'laziness', however, procrastination is a decision to delay or not complete a task or goal, and doing something of lesser importance that can then lead to negative consequences.

What do you procrastinate about?

Procrastination does not mean that everyone necessarily puts everything off in their lives.

However, we may find we do it certain parts of our life, for example:

- Work or study
- Exercise, healthy eating, health check-ups, making dental appointments

For some people, they might find it difficult to stay on top of everything and areas where procrastination reigns.

To assess your procrastination, carry a notebook or piece of paper or use your notes on your phone and over the next week, write down anything you put off, such as activities, tasks, goals or problems.

This will help you recognise the areas you procrastinate more or follow through on.

Now look at the list below and tick any that you can relate to or add your own.

WORK

Making deadlines
Attending meetings
Paperwork
Research

HOUSEHOLD

Washing
Ironing
Dinners
Looking after children
Shopping
Daily chores

STUDY

Making deadlines
Research
Assignments
Homework
Studying for exams

HEALTH

Attending medical appointments
Losing weight
Giving up smoking/alcohol /drugs

FINANCIAL

Bills
Losing your job/income
Debts

SOCIAL, FAMILY

& Relationships
Making calls
Replying to messages
Arranging dates

List of other things you put off:



How do you procrastinate?

As mentioned before, we tend to put off the big things with some lesser activities, these are things that take you further away from your goals, tasks and activities. Look at the table and mark any that apply to you.

Pleasurable Task Watching TV Reading magazines, newspapers Scrolling social media Shopping	Lower priority tasks Sorting things Tidying Less important projects
Socialising Seeing friends Eating Drinking	Daydreaming Thinking about past or future Imagining a task/goal is finished
Distractions Sleeping Eating	Others

It is important to be aware of what takes you away from your task, goals or activity that you are meant to be focusing on. It is not that these activities are bad and should be stopped, as we all need pleasurable activities in our life. However, when we are doing these activities to avoid our tasks, goals and activities that we are meant to be focusing on, this can be detrimental towards us achieving.

Next time you are doing one of the above ask yourself;



Do you Excuse Procrastination?

- I'm too tired, I will do it tomorrow.
- I don't have enough time today; I'll wait until I do.
- It's too late to start now
- It is better to wait until I am in the mood
- It is such a nice day, I can do it another time
- I have to clean the house or have washing to do

Write down your excuses....

A large, empty rectangular box with a light green border, intended for writing down excuses. A blue pen icon is positioned in the top right corner of the box.

The thing is with excuses, there is normally some truths to them, such as feeling tired, or that you may not have time to do it. By doing this you conclude that it is okay not to focus on your task or goal. That needs to change.

However, sometimes it can be challenging as we may not want to complete our tasks or goals because of how it makes us feel.