



SOURCES OF PROCRASTINATION

What are the sources of procrastination? For me, it's the white sheet of paper. Not knowing what to do, where to start, who to ask, how to ask, or how to do something will cause me to freeze up and justify waiting another day and another day and another day to get moving on a project. Of course, each delay makes it that much harder to begin because now I'm late and I still don't know how to do it, so the task seems increasingly more daunting with each passing day. How much easier my life is when I just admit that I don't know how to do something, learn what I need to know and proceed. Acting in this manner gets the job done in a timely fashion, causes much less stress and usually makes me feel pretty good about myself in the process. What are the sources of your procrastination?

<https://blog.granted.com/>