

THE WAYS WE PROCRASTINATE

Feels too much like work
Hope it will go away
Someone else will do it
Don't see the value
Fear of the outcome, either good or bad
Fear of what you'll do next
Fear of others' judgment
Fear of conflict + possible delays
Resent your boss
Resent the task
Waiting for the perfect time
Not sure how to start
Not sure where to start
Not in the right mood
Lack of inspiration
Lack of information
Lack of perceived space
Lack of perceived time
Lack of support
Lack of money or other resources
Lack of motivation
Lack of expertise
Too much pressure
Too sick to start
Too tired
Faulty concept of time
Living in fantasy
Bad habits

Bad math
Because the task is easy
Impatience
Perfectionism
Something better to do
Overwhelmed with other things
Prefer to do other things
Prefer to spend time outdoors
A sense of entitlement
Distracted
Romancing the deadline
Adrenaline junkie
Another crisis interferes
There's always tomorrow
Your vacation or leave is starting soon
“Not my job”

HOW CAN YOU BEAT PROCRASTINATION?

