



Procrastinator ME: How to Crush Laziness and Make a Change in Your Life

I. Deltchev

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Procrastination. It is something that we all have to deal with sooner or later in our life.

It is that feeling that you want way more of what you are and what you have but something is obstructing your path to taking action. Procrastination makes us postpone our actions and put out thoughts on autopilot until we face the ultimate disappointment of looking behind our shoulder and having no results.

There are the three types of procrastinators. Let's have a look:

THE ANTI-AUTHORITY PROCRASTINATOR asks the following questions:

What do your friends want from me? What do your parents want from me? What does the law want from me? What does society expect and want from me?

....

THE PERFECTIONIST PROCRASTINATOR thinks:

My professors in school need to see me do this. My parents need to see my accomplishments. My significant other needs to see what I'm capable of. Society needs to see my work.

....

THE FEARFUL PROCRASTINATOR asks:

What would happen if I do this? What if I do this and that happens? What would my parents/society think if I do this? What if I fail?

....

Which one are you? Once we find out let's see the most effective solutions for each type and apply them in real life.

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Douglas Moskowitz:

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