



## What is Procrastination?

**Procrastination is the grave in which opportunity is buried so if you are serious about achievement and your personal success then you need to learn how to blitz your procrastination habits.**

Everyone does it, including you. You have things to do, important things or mundane things, and you put off doing them until the last minute. If Procrastination were an Olympic event you might be in the running for a gold medal, you're *that* good at it. You make jokes about being a world class procrastinator with your friends, telling them that sure, you could finish that project right now if you wanted to but (yawn) you're just going to do it tomorrow.

Procrastination is putting something off until later, either due to carelessness or habitual laziness. It's putting off till tomorrow what you just as easily could have finished up today. A procrastinator postpones or needlessly delays accomplishing something –just because.

Students are notorious for engaging in this behavior. Papers need to be researched and written, tests must be studied for but none of this is done or even started until the very last minute. Students who procrastinate generally spend a great deal of time pulling all –nighters in order to catch up to where they need to be or to cram for the big test in the morning.