Why Do People Procrastinate?



Many people **procrastinate** from time to time. They know they have an important task to do, but they keep delaying it until the last minute. Sometimes, the reason is a lack of **motivation**. The task may seem boring, difficult, or uninteresting. Other people procrastinate because they feel **overwhelmed**. When they have too many responsibilities, they don't know where to start. Instead of taking action, they become **distracted** by social media, television, or their phones. **Perfectionism** can also be a problem. Some people want everything to be perfect, so they avoid starting a task because they are afraid of making mistakes. As the **deadline** gets closer, they begin to feel stressed and anxious.

One way to reduce procrastination is to **prioritize** tasks and create a realistic plan. People who manage their time well are often more **productive** because they focus on what is most important. However, working too much without rest can lead to **burnout**, which is a state of extreme mental and physical exhaustion. For this reason, it is important to find a balance between work and relaxation.

Finally, developing **accountability** can help people overcome procrastination. When we take responsibility for our actions and commit to our goals, we are more likely to complete our tasks on time.

1- Read the text and write the words in blue in their correct definitions.

A. Put off doing something until later.

B. The last day to finish something.

C. Feeling stressed because there is too much to do.

D. Getting a lot of work done.

E. Not paying attention because something else has your focus.

F. Wanting everything to be perfect.

G. Decide what is most important.

H. The reason you want to do something.

I. Feeling extremely tired from too much work or stress.

J. Taking responsibility for your actions.

LIVEWORKSHEETS