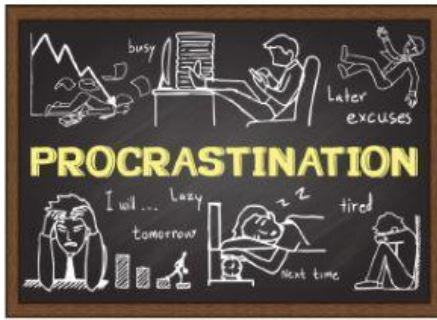


# Inside the Mind of a... MASTER PROCRASTINATOR

by Tim Urban



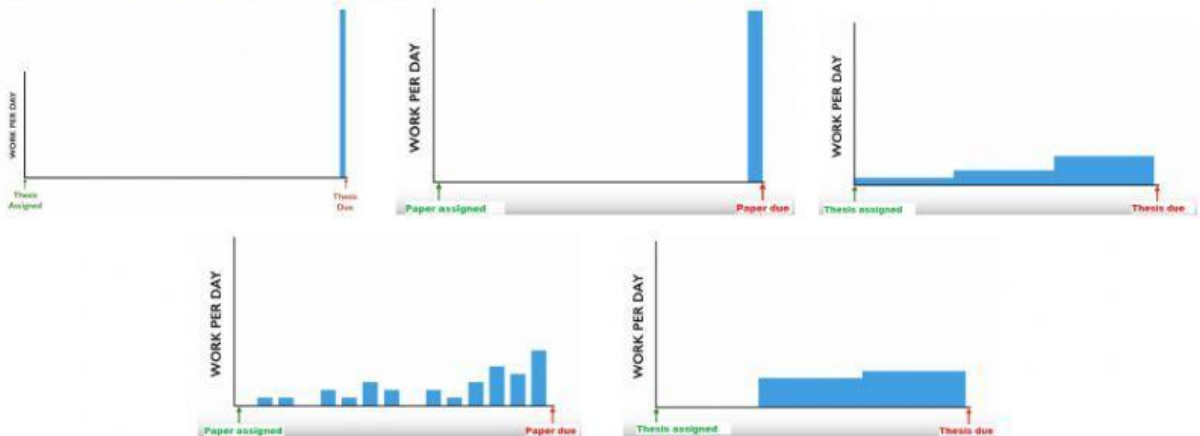
Before watching the video...

1. What does "procrastination" mean? Choose the correct option:

- a. Not studying.
- b. Liking many different areas of study at the same time.
- c. Postponing work until the very last minute.

While watching the video...

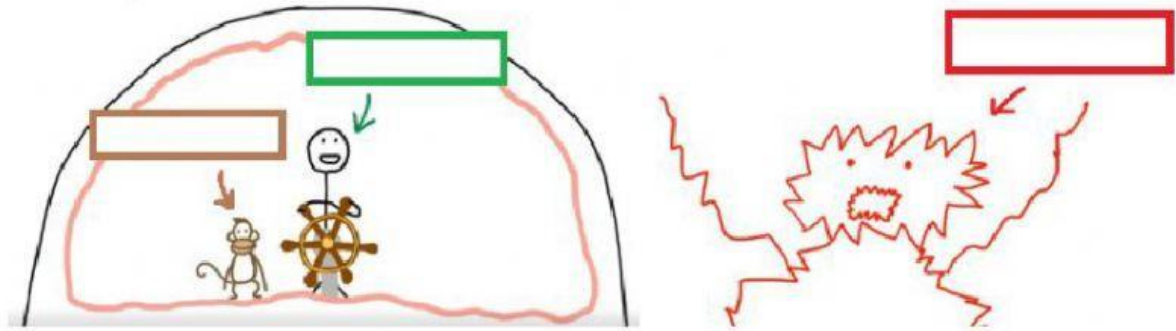
1. [Minutes 00:00-01:55] Put the graphics in the correct order:



2. [Minutes 01:55-03:13] Watch and put the sentences in the correct order:

- a. It was a very, very bad thesis.
- b. No, no, it was very, very bad. Anyway, today I'm a writer-blogger guy. I write the blog Wait But Why. And a couple of years ago, I decided to write about procrastination.
- c. And they say, "We need to talk about your thesis." And I say, "OK." And they say, "It's the best one we've ever seen."
- d. And so I did the only thing I could: I wrote 90 pages over 72 hours, pulling not one but two all-nighters - humans are not supposed to pull two all-nighters - sprinted across campus, dove in slow motion, and got it in just at the deadline.
- e. - I just wanted to enjoy that one moment when all of you thought, "This guy is amazing!"
- f. That did not happen.
- g. I thought that was the end of everything. But a week later I get a call, and it's the school. And they say, "Is this Tim Urban?" And I say, "Yeah."
- h. My behavior has always perplexed the non-procrastinators around me, and I wanted to explain to the non-procrastinators of the world what goes on in the heads of procrastinators, and why we are the way we are.

[Minutes 03:13-7:52] 3. Drag and drop the name of each character.



Instant Gratification monkey

Rational decision maker

Panic monster

4. Who takes care of the following? Choose the correct option.

- Deadlines.
- The present.
- Important things which are not always fun.
- Fun things only.

5. What is the dark playground? Choose the correct option:

- a. A place where you go to have fun at night instead of sleeping.
- b. The moment when you're doing unimportant things instead of important work, and you feel guilty about it.
- c. The moment when you realize you don't have enough time.

6. [Minutes 07:53-10:50] Which of the following lines are mentioned?

- a. People called me to deliver a speech on the topic.
- b. It's always been a dream of mine to have done a TED Talk in the past.
- c. People may think I started working on it immediately.
- d. We need to sit down and work on this right now.
- e. Let's just open Google Earth and zoom in to the bottom of India.
- f. I panicked when people of TED called me and asked me for the script.
- g. I opened up the website, and there was my face staring right back at me.
- h. I prepared this talk yesterday.

7. [Minutes 10:54-14:03] Read and complete with the correct words:

Well, it turns out that there's two \_\_\_\_\_ of procrastination. Everything I've talked about today, the examples I've given, they all have \_\_\_\_\_. And when there's deadlines, the effects of procrastination are contained to the \_\_\_\_\_ because the Panic Monster gets involved. But there's a second kind of procrastination that happens in situations when there is no deadline. So if you wanted a \_\_\_\_\_ where you're a self-starter - something in the arts, something entrepreneurial - there's no deadlines on those things at first, because nothing's happening, not until you've gone out and done the hard work to get momentum, get things going. There's also all kinds of important things outside of your career that don't involve any deadlines, like seeing your \_\_\_\_\_ or exercising and taking care of your \_\_\_\_\_, working on your relationship or getting out of a relationship that isn't working.

Now if the procrastinator's only \_\_\_\_\_ of doing these hard things is the Panic Monster, that's a \_\_\_\_\_, because in all of these non-deadline situations, the Panic Monster doesn't show up. He has nothing to wake up for, so the effects of procrastination, they're not contained; they just extend outward forever. And it's this long-term kind of procrastination that's much less visible and much less talked about than the funnier, short-term deadline-based kind. It's usually \_\_\_\_\_ quietly and privately. And it can be the source of a huge amount of long-term \_\_\_\_\_, and regrets. And I thought, that's why those people are emailing, and that's why they're in such a bad place. It's not that they're cramming for some project. It's that long-term procrastination has made them feel like a \_\_\_\_\_, at times, in their own \_\_\_\_\_. The frustration is not that they couldn't achieve their dreams; it's that they weren't even able to start chasing them.

**"I don't think non-procrastinators exist. That's right -- I think all of you are procrastinators. and some of you may have a healthy relationship with deadlines, but remember: the Monkey's sneakiest trick is when the deadlines aren't there".**