

# BLOG

## PROCRASTINATION

lazy      regular      personal trait      nowadays      to avoid  
stick to the plan      motivation

Procrastination is a very big problem of many people \_\_\_\_\_. It's not like a \_\_\_\_\_, but it's more like a lifestyle. Sometimes you can feel really tired, and you cannot do anything, so you put things off for another day and have some rest. It's a normal thing that everyone can afford. But when it happens \_\_\_\_\_, it becomes a bad habit. The more obligations you try \_\_\_\_\_ today, the more you will have tomorrow. A person who procrastinates a lot becomes irresponsible and \_\_\_\_\_. She cannot \_\_\_\_\_ or even make this plan. After all, a person gets used to this lifestyle and loses \_\_\_\_\_ to spend his time usefully.

True\ false

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- 1) Everyone can have a rest if he or she is tired.
  - 2) Procrastination can become a bad habit.
  - 3) People who procrastinate a lot, are punctual and hardworking.
  - 4) It is hard to stick the plan when you always put things off for another day.
  - 5) Those who procrastinate a lot, don't spend their time usefully.