

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.