**Read the article.**

It is Sunday evening. You have known about an important assignment for two weeks and you have not started it. You have cleaned your room, checked your phone several times and watched three videos about cats. Sound familiar? If so, you are not alone. Almost everyone puts things off sometimes. That habit is called procrastination. Procrastination is delaying something you should do now until the last moment. Scientists say that procrastinators are simply lazy, but we know that doesn't make sense. It is not laziness but emotions that make procrastination. When you are faced with a hard or boring task, our brain feels stressed and we seek easier and more enjoyable substitutes to get away from that uncomfortable feeling. We can only get a quick reward when we watch a funny video; we cannot when we write a report. In other words, we want to feel good now, and later we will feel worse. Procrastination has serious consequences. If you leave the work until late, you may be tired and anxious before the deadline. The results are likely to suffer, and you may lose confidence until you start to believe you can't control your own time. The good news is that procrastination can be overcome. Psychologists have a number of practical tricks to accomplish this. Break up a big job into small, simple steps: writing a sentence is much less daunting than writing a whole essay. Second, remove distractions: if you don't want your phone in another room when you're working, you're doing that. Third, forgive yourself; studies show that people who stop blaming themselves for past delays are less likely to hold themselves back in the future. Perhaps the most surprising advice is to just start. The fear of a task is almost always worse than the task itself. Once we start working, the stress becomes less and work is easier. So then again, we need to do the "five-minute rule" and you'll have to work for five minutes. And you will be astonished to see how often you do for an hour.

LIVEWORKSHEETS