Procrastination Reasons
Procrastination happens to us because of a range of different reasons; we can’t tackle the problem unless we understand it in the first place. Here’s a closer look at why people procrastinate.

The Procrastination Why’s:

Why 1: “I’ll do it later.”
It is human instinct to put things off. We are simple creatures who prefer the dopamine rush associated with quick wins and instant gratification, rather than playing the long game.

Why 2: Fear
Many people are simply afraid of completing the task. This can be particularly potent when the fear is subliminal, and we are not fully aware or admit to ourselves that we are afraid.

Why 3: Procrastination and Perfectionism
Perfectionists are virtually always procrastinators. In their view it is better not to do something than run the risk of doing it badly, making a mistake, missing something or looking like a fool.

Why 4: “Busyness”
These folk tackle the small stuff first – the vanity jobs that they can get done quickly. There is a dopamine rush of achievement as their list gets smaller. These procrastinators retire at night exhausted, but still with that big job on their list that they have been dreading.

Why 5: Motivation Lack
Some tasks are hard, and we might struggle to find that will within us needed to complete them. We may struggle to fathom the reason why we need to complete the task, especially if it is lengthy or complex.

Why 6: Not knowing where to start
Tasks that are particularly complex, difficult or new to us and require lots of thinking time are ripe for avoidance. The job at hand just seems so huge that there is no clear route into the problem. The job is also scary.
Why 7: Distraction Blindness
Everywhere we look we are blinded by opportunities to take us off task – social media, emails, pop-ups, phone calls. It is easier to blame others for the traffic than to take steps to avoid it.

Why 8: Weak Decision-Making Skills
Some people find decision making particularly stressful as they fear getting it wrong. These people are often beset by a ‘what if?’ mentality that means that they struggle to move on.

Next Steps
Have a look at the article on Procrastination Solutions on the website.