Procrastination

Ladies and Gentlemen, welcome here today, I know some of you had no choice but to come today, but welcome nonetheless.

I am here today to discuss the topic of procrastination. I myself am a horrific procrastinator and I’m about to tell you how it affects my everyday life. Today we dive ever deeper into the mind of a procrastinator.

Most people when they hear about procrastination think, “that just isn’t a thing, there’s another word for it and that’s *laziness*.” Oh, how wrong they are.

So, you see procrastination isn’t at all about being lazy or not but rather it’s a state of mind, it’s almost as if the drive and motivation to work hide behind locked doors. Now there are no keys for these doors but there are locksmiths. Some of these locksmiths, however, aren’t very nice.

There’s Panic, now panic is a good locksmith, but he only has the right tools for one lock, Motivation. Now behind the door hiding in the corner with Motivation is Stress. I hate it when Stress escapes that room and so do many others, but stress, will get out nonetheless.

Now using the locksmiths analogy may seem idiotic and childish but it’s a very simplified way of describing what exactly is running through the minds’ of procrastinators the world over.

So, you may now be wondering Why? Why is it necessary for us to leave these tasks, however menial, until the last moment? Well to be honest, it’s simple, all procrastinators think to them selves in one way or another, “A sure look, I’ll do it tomorrow.” But here’s the issue, we never do it, we keep saying tomorrow, and then we start saying that the night before, 5 hours before, an hour before, the class before, and then we start making excuses to our teachers or professors.

But why do we Procrastinators do this, well the reasons vary from person to person, but the general principal remains the same. For me it tends to be for stupid and unnecessary reasons that aren’t important whatsoever. So let’s make an example, let’s say on a given day I had an hours’ worth of Maths homework and an English Project.

Now because the Maths Homework is due the next day, unlike the English Project, Panic comes along and lets out Stress and Motivation. So when the Maths is done, Panic decides to saunter off leaving me with stress and motivation. But here’s the thing, Stress tends to overpower motivation most of the time, for me. So to calm myself down I take out the phone, the iPad, or the computer, Stress goes back into his room, dragging Motivation with him, and then locking them both back behind the door. Since the English Project is due a week or two later, Panic doesn’t seem to come back to unlock the door for me.

Meanwhile, I’m watching a mini documentary on NASA’s James Webb Telescope, or I’ve decided to make an incredibly complex Origami Paper Airplane that flies for ages, because I saw a tutorial on YouTube. Maybe I want to delve deeper into some Indie Folk Music because that’s something I’ve never listened to before, and I still probably won’t, but I just don’t feel like doing any work today.

(Explain Graph)

No matter what it is, English, Physics, Irish, the result is the same, I procrastinate, and so do many others worldwide. A man named Tim Urban gave a TED Talk in 2016 on procrastination and it really was spot on. He used the analogy of: The rational Thinker; The instant gratification monkey; and the Panic Monster. While his analogy differs to mine, the core is the same, also His speech is amazing and if you have the time you should watch it.

Also I would like to point out that I did not pull an all nighter on this speech, I mean I could have but chose not to.

Being a procrastinator is a trait that myself and many others worldwide share. It affects our work ethic and our ability to complete tasks on a day to day basis. I hope this speech was informative, and I thank you for your time.