



The Signs of Procrastination

ISSUE

I'm a **savvy** at the art of putting off until tomorrow what I should have been doing today. I'm also quite accomplished at rationalizing my actions — until I'm pushed up against my deadline so hard that my nose is practically flattened. There are three types of **procrastination** and all **reveal** the truth:

- Procrastinating by doing something **trivial** means you're **anxious** or **intimidated** by what you're really supposed to be doing.
- If you're procrastinating by working on something more important, it's a clue that you're annoyed with your assigned task or don't see the point of doing it. Or maybe it's just **beneath** you.
- And procrastinating by pursuing recreation or entertainment signals that you need to take a break —or maybe you're just not ready to work at the moment.



VOCABULARY

savvy
procrastination
reveal
trivial
anxious
intimidated
beneath

Word Application

1. It's her first day at work and she feels _____ about doing everything.

2. I just feel _____ when talking with strangers.

3. _____ is usually done by lazy people.

4. He is a computer _____. He can do almost everything in the computer.

5. That actress is always wearing a mask. She doesn't want to _____ her face to the public.

1. Anxious

2. Reveal

3. Intimidated

4. Savvy

5. Procrastination

LET'S TALK

- 1) Do you sometimes practice procrastination?
- 2) What are the factors that causes procrastination?
- 3) What other ways do you suggest to overcome or avoid procrastination?