

Ladies and Gentlemen,

If you find yourself constantly hitting the snooze button on your alarm clock, you're a procrastinator. If you've turned late-night coffee runs into a daily ritual because the work you've been putting off is due the next day, you're a procrastinator. If your to-do list is more like a historical document, with tasks dating back weeks, you're a procrastinator.

If you've mastered the art of making a simple task seem monumental, you're a procrastinator. If your weekends are spent in a whirlwind of activity to compensate for the work you've been avoiding all week, you're a procrastinator. If you've ever felt a sense of relief when someone else takes over a task you've been delaying, you're a procrastinator.

If you're known for your last-minute miracles, where you pull all-nighters to finish what could have been done days ago, you're a procrastinator. If your friends and family have learned to expect your calls for help when the deadline is near, you're a procrastinator. If you've ever felt a sense of pride in your ability to work

under pressure, even though it's a pressure you created yourself, you're a procrastinator.

If you're always running out of time, but never out of excuses, you're a procrastinator. If you're the person who always has a great idea for next time, but never follows through this time, you're a procrastinator. If you're the master of lost opportunities, not because you can't do it, but because you didn't do it, you're a procrastinator.

In conclusion, if you habitually postpones tasks or decisions until the deadline is near, you're a procrastinator. And procrastination often causes unnecessary stress and reduces quality of work. To conquer it, start small, believe in yourself, and take action—one step at a time. You can do it!

Thank you.