

The monkey, the rational guy and the panic monster

Unknown words: doorman, mayhem, struck, turn out, outward, epiphany, sneakiest, dread, hatred

The author in this conference showed the audience how does the brain of a procrastinator looks like. He defined 3 main characters, the rational guy -the one who wants to do the task before the deadline, scheduling activities and progress-; the monkey, who wants to have fun and do easy work and; the panic monster, who is aware of the deadline and can make run away the monkey. He also explained how these 3 characters relate between them, the rational guy is in charge of the wheel -making activities on time- and the monkey is the one who doesn't want to start with the project or task, it just wants to have leisure activities what is bad because it is not fun at all because it is not earn properly -hard work-.

To conclude he emphasized in the second type of procrastination the one that does not require of a deadline such: doing exercise, taking care of your health, reading a book, or even an activity related with your career; he aware us of it because it is even more dangerous owing to the panic monster who does not wake up when there is not deadline in your tasks.

Well, I totally agree with the procrastinator model that the author shows, I feel I have a 'monkey' who doesn't want anything else that just easy work and fun, but there is also a rational guy who is trying to take me to the hard work zone. After this conference, I realize what he said about the second kind of procrastinators because of my experience trying to start new habits and activities.

References

Urban, Tim. Inside the mind of a master procrastinator. Ted talks. Available at:
https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator