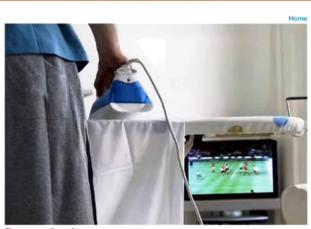




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Procrastination

Neil Beforeme | 23 August 2020

Procrastination. Putting off something or several things you really should be doing by finding endless nonsense to occupy yourself. This may be an unpopular opinion, but procrastination can be handy, it leads to some really menial tasks being done. Thinking 'oh I'll do my taxes later, that cupboard hasn't had a good sort out in months' is quite remarkable. You end up doing things that would never otherwise get done. But, it's not all good news.

It really is human nature after all to avoid something we have to do. A lot of the time it's probably not even an unpleasant task, just something we know needs doing. It's almost like a defence mechanism or reverse psychology, you're not interested doing whatever it is someone has told you must be done. Given your own free will you'd probably do it in a heartbeat or at least in less of a delayed timeframe. But we all have that inner voice that tells us things must be done before we get to the inevitable.

So, how do we stop procrastinating? First of all we could start by telling ourselves that the task that needs doing is going to be far more rewarding than dusting the saucepan lids or whatever nonsense we've found to fill our time in the interim. A positive mind set means we can rightly convince ourselves that the pressing matter at hand should be done without distraction as it means a lot to our future, I mean probably not but it's worth a try.

You can always join tasks up too and make them less dull. Putting off the ironing for a killer tv show? Watch it while ironing. Postponing exercising to listen to that new podcast? Whack it on while you work out. In addition to making tasks less dull and more rewarding, put higher stakes on it too. Commit to a work project with a co-worker or a revision session with a friend, this gives you far less room to bail out and decide to have a lie in. Having consequences for your procrastination will make you angry with yourself for agreeing to certain terms but, will ultimately mean you get these important tasks done and dusted.