

Patch for Listening Journal

Summary(extra)

He also pointed out that the mind of procrastinator sometimes works, but this attitude that without clear deadline might crash one's life, for the Panic Monster won't always come up. Therefore, we should make our plan ahead of schedule.

Reflection(extra)

And after listening this talk, I realized that I do have procrastinated many times and made my extremely in a hurry. And the key to solve it is to split the work into small pieces and beat them gradually, i.e., I was determined to make changed from now on due to this talk.