Ask the Calendar

I always put things off.

I leave things to the last minute and then regret it.

There are even times when I have something I need to do

and it's something I want to do

and as I'm about to see it through it seems like

anything else would do.

Because I am a procrastinator.

I put things off and say, I'll do it later.

I am my own manipulator.

Tricking myself that time is on my side when it's clearly not.

Because I am a time evaporator.

I put things off and say, I'll do it later.

I'm a distraction generator.

Finding anything and everything to do except that one thing.

I am an attention detonator.

I put things off and say, I'll do it later.

I need a focus investigator because I am a perpetrator

of crimes against productivity.

I am a panic operator.

I'll wait till the last minute until fear gets things done.

But what if there is no last minute?

No deadlines to make us panic.

Then what?

We will just continue forward forever

where we'd sit distracted by leisure.

Chasing goals we will never treasure.

But we are all procrastinators.

How did we end up in Procrastination?

Procrasti-Nation

Is a “state” of mind where you’re afraid of work

You live on unemployment benefits; you eat junk food all day and you don’t even bother Leaving the couch. Unfortunately, it doesn’t live such a short life

It’s a place where time seems to freeze and then pass by the days

It’s a drug, just using it the first time will get you addicted, and it never goes away

How do you deal with this demon?

Number one you’ll have to follow through

Don’t get controlled by your desires stay true

It’s psychology, it’s an unconscious process

Maintain good habits, 21 days and you’ll be back on track

Set an alarm, 30 minutes pomodoro, basilico, tomato potato whatever, you’ve seen that

Those self-help books you’ve read a ton

All turned out to be how to “Succeed at life, read this and you’ve already won”

They just cook the same stuff, reheat leftovers and bam you have a best seller

‘Cause we all know the answer, but who doesn’t want to know the full answer

We’re caught between explore and exploit, and we always choose the former

Wow did I just start a list, I can’t even remember,

That’s a lot of words for the first point, Guess I’ll finish when I’m not tired,

A good night’s sleep and I’ll reset, refresh, recompress, let’s ask the calendar…

It’s nothing more than a rigged question

you see, you know it yourself

you understand the implications

you know the answer

and lack the motivation

it still messes you up

those cravings and sensations

are always priority

leaving you to deal with

this empty bundle of emotions

It’s just like a loaded gun

Without a trigger build in

Launching an arrow

But the bowstring is broken

You think it’s all psychology, that it’s an unconscious process

But you know it better than anyone, you’ve tried hard before

There’s no rehab for procrastination, they haven’t opened up

Yet, it’s made-up anxiety, enough willpower and those days of struggle would be gone for

Good? Till the next time, next morning, next couple of minutes, next item on the list,

You’ll have to channel the same amount of focus

Energy, attention

Try to meet the same threshold

Standard and suspension

That seems like a lot of work though.

Guess I’ll finish when I’m not tired

A good night’s sleep and I’ll reset, refresh, recompress, let’s ask the calendar, shall we?