

# The Signs of Procrastination

## ISSUE

I'm a **savvy** at the art of putting off until tomorrow what I should have been doing today. I'm also quite accomplished at rationalizing my actions — until I'm pushed up against my deadline so hard that my nose is practically flattened. There are three types of **procrastination** and all **reveal** the truth:

- Procrastinating by doing something **trivial** means you're **anxious** or **intimidated** by what you're really supposed to be doing.
- If you're procrastinating by working on something more important, it's a clue that you're annoyed with your assigned task or don't see the point of doing it. Or maybe it's just **beneath** you.
- And procrastinating by pursuing recreation or entertainment signals that you need to take a break —or maybe you're just not ready to work at the moment.



## Vocabulary

1. Savvy
2. Procrastination
3. Reveal
4. Trivial
5. Anxious
6. Intimidated
7. Beneath

## Word Application

1. It's her first day at work and she feels \_\_\_\_\_ about doing everything.

2. I just feel \_\_\_\_\_ when talking with strangers.

3. \_\_\_\_\_ is usually done by lazy people.

4. He is a computer \_\_\_\_\_. He can do almost everything in the computer.

5. That actress is always wearing a mask. She doesn't want to \_\_\_\_\_ her face to the public.

1. Anxious

2. Reveal

3. Intimidated

4. Savvy

5. Procrastination

## Express Yourself

1. Do you feel the signals of procrastination?

2. What are the factors that causes procrastination?

3. What other ways do you suggest to over come or avoid procrastination?