

7 MYTHS OF PROCRASTINATION

1. I procrastinate because I'm bad at time management.
2. I procrastinate because I'm lazy.
3. I procrastinate because of the clutter in my life.
4. I am a procrastinator.
5. Procrastination means not doing the task now.
6. Procrastination is always self-defeating behavior.
7. I procrastinate because I don't prioritize well.

7 TRUTHS OF PROCRASTINATION

1. Procrastination isn't about time management; it's about fear management.
2. It often takes more work to procrastinate than to be productive.
3. Clutter is primarily a form of procrastination, not a reason for it, though it often turns into a vicious cycle.
4. I am a human who sometimes procrastinates.
5. Procrastination means doing something other than the task now.
6. Procrastination is always self-defensive behavior.
7. I procrastinate when my internal priorities are different, and stronger, than my external priorities.