PROCRASTINATION

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A few years ago, when I was still a college student, I saw a quotation by Karen Lamb that says “A year from now, you may wish you had started today” and it hit so close to home. Nevertheless, I still did not pursue what came into my mind. For what reason? It was not laziness; it was probably because I thought there was a right time for it, not knowing that the right time to take action is when you first get the idea. Years have passed by and I really wished I had started on that day.

We often hear people say “I will just do it tomorrow” over and over again as if they are so sure that they will still be alive seconds later. Procrastination steals what you cannot take back: your time. Most people take time for granted: thinking that they still have tomorrow to do the things they want and to see the people they love, they put off things despite knowing its negative consequences. Eventually, the opportunity to do these will be taken away and the only thing that will be left is regret.

One primary reason that people procrastinate is because they are perfectionist. They are waiting for situations to be perfect for them before they start doing what ought to be done. They wait until they can afford some things or when they think they are good enough to do it. These people should live by this famous quotation from Gilbert Keith Chesterton, an English writer and philosopher, which says “Anything worth doing is worth doing badly.” Start today even if you still do not know how to do it; it is much better than not starting at all. Let yourself make mistakes for in doing so, you will learn more than what you were expecting before you started. Exchange perfectionism for joy.
Some people engage in procrastination because they think that the task is difficult to do, when in fact, it gets harder as you delay doing it. They postpone it because of their inability to manage and process their challenging and negative emotions around a task—self-doubt, fear, low self-esteem, anxiety, or discomfort. One might look at an assignment, think that he cannot solve it, and just play games or check his social media account until the last minute. Avoiding negative feelings by procrastinating can make you end up feeling worse. If a task seems overwhelming, break them into little tasks and take one step at a time until you get the whole package.

The most important step to get something done is to begin. It you are hesitant to start something you love because you think you have already lost a lot of time, just think that you will regret it more in your deathbed. You can still start now what you could have started years ago. Do not wait for life to teach you these lessons the hard way, especially when it involves once-in-a-lifetime opportunities or your loved ones.

Reference:
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