

1. Have you ever had a feeling that prevents you from doing the important things you have to be doing right now?

🌐 Язык твита: английский

tomorrow

(noun)

a mystical land where 99% of all
human productivity, motivation and
achievement is stored

2. Not the cases when you are busy or tired or have more important things to do, you just can't start it

🌐 Язык твита: английский



3. This feeling is called procrastination, it's inherent in every human being, in ones it's stronger, in others - weaker

🌐 Язык твита: английский



4. Procrastination makes a strong impact on your life: studying, work, even spending time together with your friends and family

🌐 Язык твита: английский



5. Some people have enough willpower to just kick it off and do what they need, but for some, including myself, this is not the case

🌐 Язык твита: английский



6. Procrastination, or laziness, is a natural mechanism that protects us from overloading, makes us want to rest and relax

🌐 Язык твита: английский



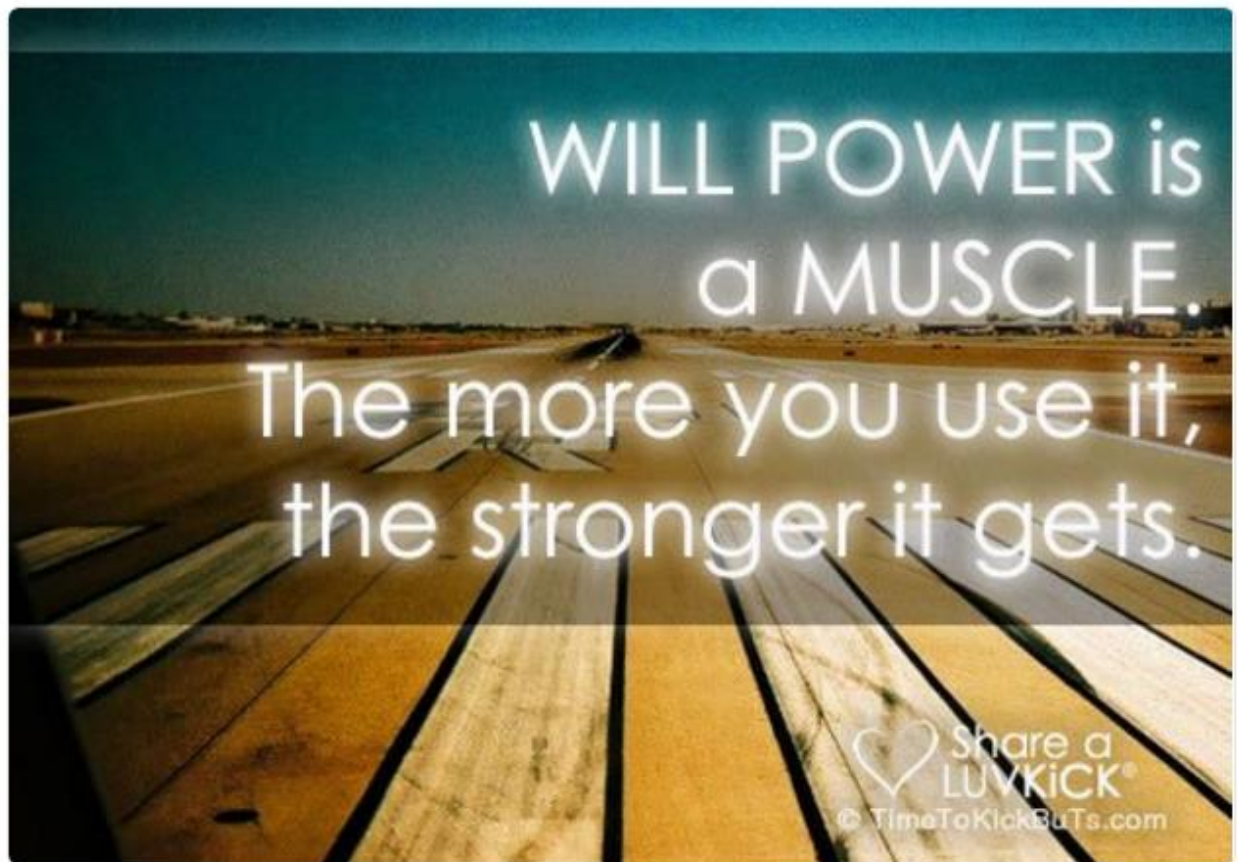
7. People would have never achieved the level of civilization we live in if they did not suppress this mechanism

🌐 Язык твита: английский



8. Mindfulness and willpower are the only key to get rid of it, there is no "pill of happiness"

🌐 Язык твита: английский



9. I hope that for you the problem of procrastination will not be as critical as it is for me, on the edge of being expelled

🌐 Язык твита: английский



10. Be strong and reach the goals you've set, don't let laziness spoil your life!

🌐 Язык твита: английский

