

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

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quickmeme.com

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

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YESTERDAY
YOU SAID
TOMORROW.



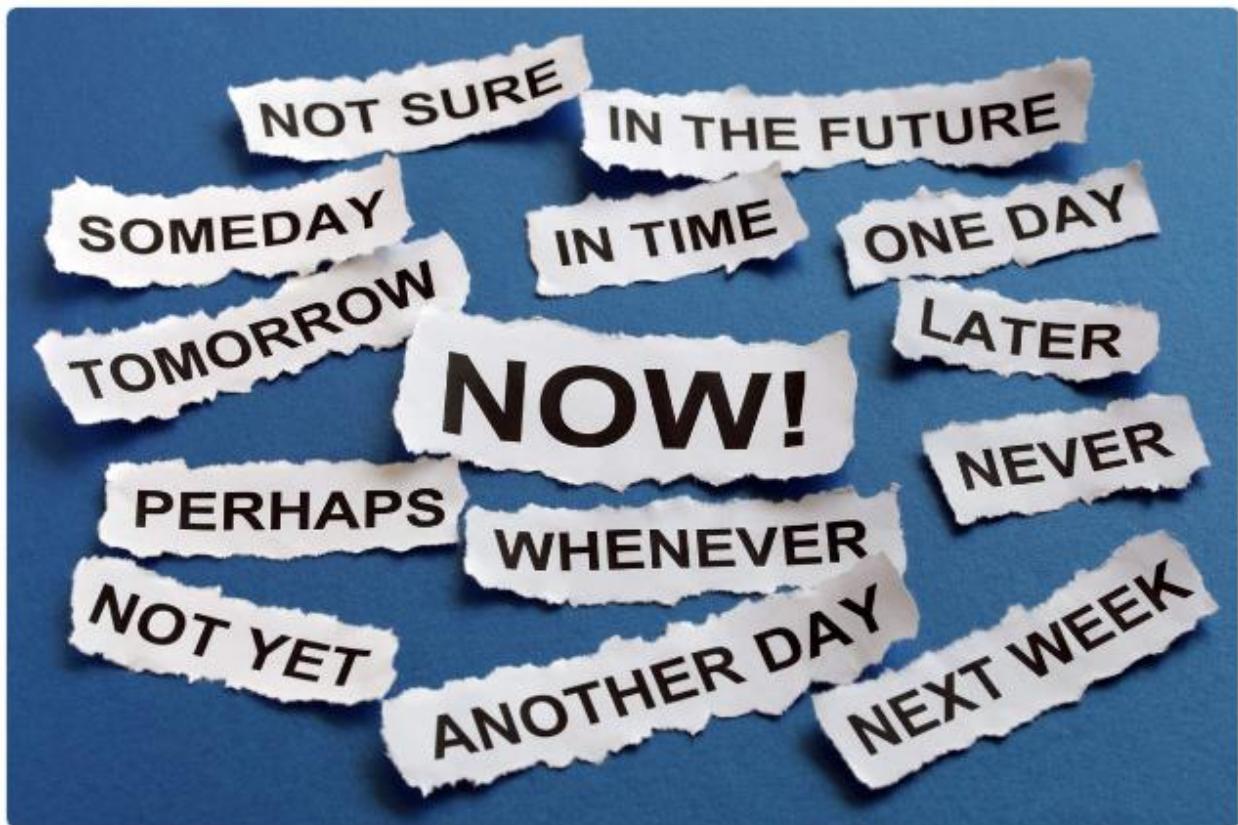
4. Procrastination makes a strong impact on your life: studying, work, even spending time together with your friends and family

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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

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

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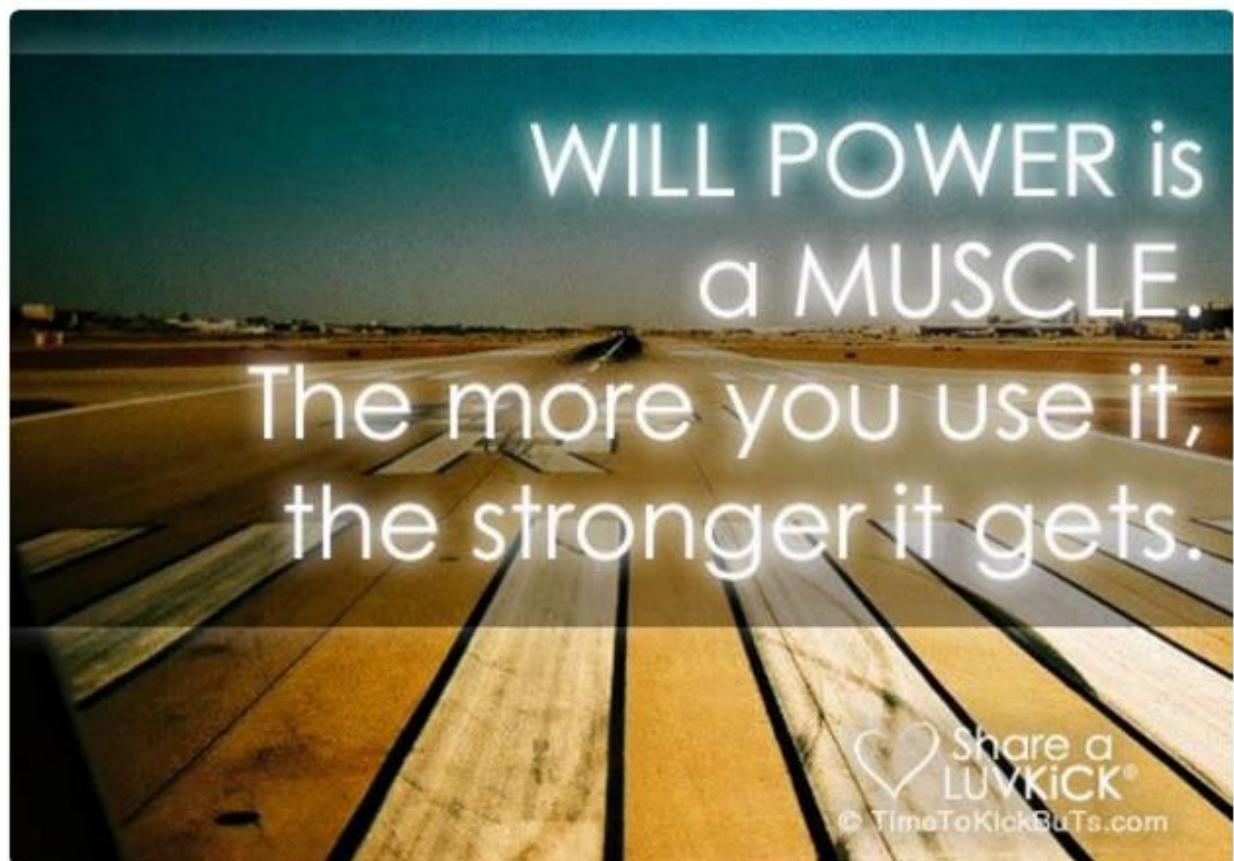
7. People would have never achieved the level of civilization we live in if they did not suppress this mechanism

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

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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

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

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