The Expert Says-Spring 2014

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What are the personality differences between people who get things done and those who don’t?
Let’s remember that while everyone puts off an occasional task, it is the person who does that habitually, always with plausible “excuses,” who has issues to address.

Has modern technology helped reduce or enhance our tendency to procrastinate?
Today’s technology can help us not procrastinate if we use it wisely. We don’t have to surf the Web for hours on irrelevant tasks. We can get systems that time us out after 10 minutes. Use technology as a tool, not as a means of delay.

How does being unable to make decisions connect with procrastinating?
Procrastination is a decision to not act. It is very useful to gather information to make an informed decision, but when one gathers beyond the point of adequate resources, then that’s indecisive and counterproductive.

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http://beta.docker.realhealthmag.com/article/exper-says-spring2014-25317-1351