I’ll Get to It Later

How to stop procrastinating and act--now!

March 17, 2014 By Kate Ferguson

Yes, people, it’s March. Many of you are busy preparing for your tax filing that has to be done by April 15. Then again, many of you aren’t. You know it has to be done, but you can’t just seem to summon the energy to find and organize all your paperwork and mosey on down to your tax man. What’s more, this is the way you’ve been rolling for years. You’re like Mark Twain, who famously advised, “Never put off until tomorrow what you can do the day after tomorrow.”

“We all put tasks off, but my research has found that 20 percent of U.S. men and women are chronic procrastinators,” says Joseph Ferrari, PhD, a professor of psychology at DePaul University in Chicago and author of the book *Still Procrastinating: The No Regret Guide to Getting It Done*. “They delay at home, work, school and in relationships.”

Does that sound like you? “These 20 percent make procrastination their way of life, so of course they procrastinate when filing their income taxes,” Ferrari adds. “We are a nation of ‘doers,’ but we are also, like people from other industrialized nations, a people of ‘waiters.’”

Ahh, but isn’t that why you’re reading this article? You want to stop being a “waiter.” Try these steps to “cure” yourself, suggest folks at the Academic Skills Center at California Polytechnic State University: Realize you are delaying something unnecessarily, discover the real reasons for your delay and list them, vigorously dispute those real reasons and overcome them, then start the task.

Um, what are you waiting for? We said, “Start the task!”

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