

# The nice city apartment essay



**ASSIGN  
BUSTER**

Procrastination gets us putting off our goals until “ a better time” but ultimately leaves us panicking at the last minute. Sometimes an assignment seems too difficult to even start. Fear of what could go wrong can paralyze you. Whether you’re afraid that you’ll fail, or you’re afraid that what you do could be deemed wrong or foolish.

What do you do when you’re at this point? Where do you start? When you can’t figure this out, it seems easier to just put the assignment off until you can get a better idea of how to do it. This could be helpful, but you have to remember to actually get back to doing it. If an assignment seems overwhelming, then trying to do it last minute will make it even more stressful. If you let it get to the point where you are stressed because of its difficulty, but now also the limited amount of time to complete it, it becomes even more overwhelming of a project. When working on a complex project, it might seem like it’s something that can’t be accomplished. When facing a complex project, it can help to break it down into parts.

If you write down what you need, and what you already know, that gives you a beginning and an end, which may make the project seem less overwhelming. Often procrastination happens because distractions arise and the assignment gets put off. Many things seem more interesting. If work is done in a busy area or somewhere that’s very noisy, it’s more difficult to stay focused.

Taking a short break can be helpful, but many times people intend to take a quick break and end up putting off the assignment until later, or even another day. Being tired makes it easier to be distracted. When you’re tired,

it's much easier to focus on something that interests you than something like homework. Being overly tired and forcing through an assignment will usually result in a lower score, as you'll have been less focused writing. It's important to be somewhere away from distraction, but also be well rested.

Procrastination can also occur because someone is simply too lazy to want to put the work in. Thinking, “ why do today what I can put off until tomorrow’ results in something often not getting done at all. Putting something off is easier to do than working on it right away. Sometimes it's a simple rebellion, such as thinking “ This needs to be done, but that doesn't mean I need to do it right away. ” People want to feel more in control. It's an important to make an assignment important to you. If you have a reason to finish it, perhaps some sort of reward you've promised yourself, you're more likely to want to do it.

You have to think of what will make it worth doing today, rather than tomorrow, and you have to make sure it outweighs the benefits of outing it off. Procrastination can cause a lot of problems, but it doesn't have to. There are simple solutions to all of the excuses people procrastinate. By simply taking the time to do something in a way that you can't be distracted, you can finish it much faster. It just takes having the motivation, and a good reason. If you have a reason as to why you want something done, then you're more likely to do it.

The important part is understanding your own personal reasons for procrastinating and putting in the time to figure out what you can do about it.