

# 13 Reasons You

PROCRASTINATE



## Let's discover 13 reasons why people procrastinate (pun intended).

Or more precisely, why do YOU procrastinate?

And how can you STOP doing it so you finally get the life you want and deserve?

If you think that you procrastinate because you're just lazy you're in for a surprise.

Of all the reasons that you'll see below, every single one of them applied to me at one point or another. Heck, sometimes, there are even several reasons at the same time.

In a moment of decision, the best thing you can do is the right thing to do, the next best thing is the wrong thing, and the worst thing you can do is nothing  
-Theodore Roosevelt

Procrastination is a sneaky bastard, and it's never just about being lazy. Laziness simply seems like a logical conclusion...

If you're not doing what you're should be doing, it must mean you're lazy, right?

Well, think again. The following list will give you a few insights on why you really procrastinate.

And this new knowledge can help you overcome procrastination once and for all.

### *So why do people procrastinate?*

It's a common misconception that we procrastinate because we're lazy. Procrastination has many layers and it's hiding deeper reasons why you just can't get yourself to do the work.

And you know what? You're not only procrastinating when you get stuck on Netflix or Social Media all day.

Cat videos are not the only sign that you're avoiding your tasks at hand.

You can actually keep yourself busy all day so it doesn't feel like you're procrastinating. I mean, you've been working, right?

But you're still putting off what you should be doing.

"So, how's your project coming along? Have you made any progress?"

- "No, but I cleaned out my emails, sorted all my papers into categories, my home is spotless and my socks are sorted by color now"

When you understand why you're avoiding the real work, it will be much easier to find a solution.

As long as you just think you're a terrible, lazy person it's almost impossible to make any sustainable progress.

Let's find out why we are really procrastinating!

There are 13 reasons why... that loosely fit into 3 categories.

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### *Why people procrastinate: Lack of direction*



Analysis Paralysis kills your productivity. If you don't know exactly where you're going, you're getting nowhere.

## 1. *You have no focus*

To get the career you dream of or build your awesome business, it's crucial that you know what to focus on.

There's too much to do and it's paralyzing when you don't know what matters and what doesn't.

Your brain has to make thousands of decisions every day. It will take shortcuts and choose things that are easier to decide.

Your mind needs a clear vision through which it can filter the importance of your tasks.

Focus is a matter of deciding what things you're not going to do - John Carmack

When you have no focus, your brain gets lost in possibilities. So it takes the shortcut of doing something easy like watching your favorite show instead.

Warren Buffett's 5/25 rule helps you get clear on which projects you should focus on. And the Ninja Vision Workbook makes sure you get crystal clear about what life you want exactly.

When you know what to focus on, it is much easier to stay consistent and actually do the work!

## 2. *Your goals are blurry*

Clear goals are essential. And this ties in nicely with the lack of focus we just saw.

You must have clear goals. Otherwise, your brain runs into the same problem as before. Focus and goals are about the same idea, even though they are different.

A goal is a specific outcome you want to achieve. And when you're not specific, your brain gets confused.

If you simply want to "make more money", your brain doesn't know what to do with this. But if you've already identified that you want to make "\$5,000 within the next 3 months by selling X on Social Media" you can immediately see logical next steps.

People with goals succeed because they know where they're going - Earl Nightingale

It's crucial that you know what to focus on and what exactly you want to achieve. No clear vision and no target simply can't work.

## 3. *You have a vague deadline*

Your goals need to be specific. And you also need to have a concrete deadline.

If it doesn't really matter when something is due, you'll never get around to it. Set a

deadline and stick to it.

And you're not supposed to cheat just because you set an arbitrary date to begin with. These reasons why people procrastinate and the tips are about helping you to stop procrastinating.

What may be done at any time will be done at no time - Scottish Proverb

Setting a deadline for yourself and keeping it (because you said so) is integrity!

#### 4. *You feel overwhelmed*

"There's too much to do. I don't even know where to start".

It can be daunting to think about what you

- have to do
- should do
- and want to do

Part of this problem leads back to focus and goals.

It's easier to feel overwhelmed when you haven't defined where you're going because you don't know how to prioritize.

Take the guesswork out of your priorities. Clearly identify your life's vision and set specific goals.

You'll be able to say "no" to the things that don't matter because you'll know what they are.

When you're trying to be all things and do all things, you'll never get the important stuff done.

Not only can you waste hours on unimportant tasks, but you may even procrastinate because you have no clue what to do next.

And so you do nothing because your brain prefers something easy like zoning out in front of the screen.

If you procrastinate when faced with a big difficult problem... break the problem into parts, and handle one part at a time - Robert Collier

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### *Why people procrastinate: Momentum issues*

Imagine a car that's rolling down the hill. You forgot to put on the brakes and you watch as it's slowly starting to roll down the street, picking up ever more speed.

You can't just run over there and stop the car because it's got momentum. And it's exactly the same with your tasks.



## 5. *You have bad momentum*

Uh sorry, I have bad what? Momentum.

Have you ever noticed that you sometimes do things in a super inefficient way? But you continue doing it like that because you're already in the middle of it?

You're even thinking about how much faster you would be if you just stopped to get a different tool. But you don't, because you already have momentum.

Momentum itself is neutral and can go both ways. The worse it gets, the worse it gets. And the better it gets, the better it gets.

Don't you just love days where you are super inspired, highly productive and you get a ton of stuff done? That's positive momentum.

If you're in a funk and don't feel like doing anything, try to find a small task you could do. Don't try something big, just start small. Little by little, you'll build positive momentum.

And if truly nothing gives, you may need to relax and recharge your batteries so you can tackle new tasks later.

## 6. *You want to do it perfectly*

Ahh, perfectionism. As a recovering perfectionist, this is a very sneaky reason why people procrastinate.

You want to get it right. You want everything to be perfect. And this can manifest in 2 ways. You either get stuck with your project forever because you're tweaking it ad nauseam.

You waste so much time getting stuck in tiny little details that really don't matter. And you haven't even finished the darn thing.

It's like rewriting your intro 30 times although you still have 2 pages to write...

Done is better than perfect - Sheryl Sandberg

The other way perfectionism can sabotage your motivation is by convincing you that you can't do it perfectly anyway.

So why start? Why go through the pain of disappointing yourself instead of doing something that puts less pressure on you?

Well, my friend...you need to chill. It's time to realize that perfectionism is overrated and a huge waste of your time.

Once this truth clicks, you'll get so much more productive. Don't aim for perfection. It's enough to make something great. And often, even "good" is enough.

I'm still working on this every day. It's hard to shake old habits, especially if they are as deeply ingrained as lifelong perfectionism.

But it is a waste of time and you really want to prioritize. Get things done instead of freaking out because the color is just not right yet.

## 7. *You're missing a skill*

Sometimes we plain and simple lack a skill.

And since you can't just snap your fingers and learn it (we're not in the Matrix, right) this missing skill can turn into an obstacle.

So you've got this thing you have to do, but learning the required skill is quite an investment (time or money – or both).  
And so you put it off. It's too much hassle.

But do yourself a favor and decide if you're going to learn this skill. Don't keep yourself in procrastination limbo because this can go on forever!

## 8. *You're exhausted*

Procrastination has a bad reputation and we often feel guilty about it.

“What's wrong with me? Why can't I be more disciplined?”  
But sometimes procrastination is a sign that you're exhausted!

It's okay to rest and to spend a whole day on Netflix or binging Youtube videos.

You don't have to hustle until you pass out.

The time to relax is when you don't have time for it - Sydney J. Harris

Sometimes, you simply have to recharge your batteries and there's no reason to feel bad about it. Even if it's a whole day or an entire weekend.

Do something you enjoy and that will give you the energy to start fresh tomorrow.

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## *Why people procrastinate: Other people*

This is not a Get out of jail free card. It's not other people's fault if you tend to procrastinate.

You are responsible for your actions (and the actions you don't take).  
While it's not someone else's fault if you can't get to work, other people can be linked to why we procrastinate.

Let's take a look at a few of these reasons!

## 9. *You're stuck*

When I figured out that we're stuck, it was a true epiphany. I realized this first after reading “Getting things done” by David Allen about 10 years ago.



Much of this book's initial edition (from 2001) relies on pre-internet and pre-smartphone systems to increase your productivity.

I loved the ideas. And I was mindblown when I understood that sometimes we are simply stuck.

That's because David Allen had a category called "Waiting for..." for tasks that require someone else to do something first.

Maybe you already knew this.

But many of the tasks I felt guilty about (for putting them off) couldn't even be done.

At least not at that point. You're subconsciously waiting for someone else before it's worth the effort of working on this task.

Maybe you're thinking "Duh, of course, I can't sell my car if the mechanic hasn't repaired it yet".

### *The problem is more subtle than this*

You don't think you're procrastinating when there's nothing you can do. But here, you could be working on your project. Because you're not stuck, yet.

But you subconsciously know that you'll be stuck pretty soon. Again, it's not tangible. You're not aware of this.

If you take a minute to think about things you've been putting off, you may realize that you'd encounter a roadblock pretty soon.

The only difference between success and failure is the ability to take action - Alexander Graham Bell

Maybe you miss a crucial piece of information. Or you'll need your boss's approval and that's complicated because\_\_\_\_\_ (fill in the blank).

Or you need an answer from someone. But you already asked them 4x and you don't want to ask again.

And so you're dragging it out, feeling terrible about your lack of motivation. When in reality, you'll get stuck pretty soon and that's why you're putting it off.

Once you figure out that this is holding you back, you can do something about it. Instead of feeling lazy, you'll know that you have to contact the other people involved so you can make progress.

## *10. You hate what you're doing*

Okay, this is a no-brainer. Sometimes, you gotta do what you gotta do. But it sucks and doesn't inspire you in the least.

And you're only doing it to avoid problems down the road.

Like doing the dishes so no one yells at you. Or that crappy task your boss dumped on you and you couldn't care less about.

When we mainly do something to avoid getting in trouble, we don't feel super motivated.

Anything worth putting off is worth abandoning altogether - Epictetus

Instead of running on autopilot, you should ask yourself if this is really what you want to do.

If the answer is a clear "no" you should try to negotiate with whomever you're doing this for.

But if it's not worth the hassle (because you'll get more problems than you solve) then you can shift your mindset around this dreadful task.

The more you put it off, the worse it gets.

Instead of focusing on how horrible, unfair, and frustrating this task is, try to concentrate on the positive. Yes, it's still a crappy task, but at least you won't get in trouble if you do it now.

And if you do it now, you'll get to do something more fun afterward.

## *11. Everyone else is procrastinating*

This doesn't let you off the hook, but procrastination may seem normal to you. Your environment has a big influence on your behavior.

You're the average of the five people you spend the most time with - Jim Rohn

Are the people around you having trouble with discipline? If procrastination is kind of the norm you may also feel less motivated to work on your tasks.

What are the people close to you doing? Are they inspiring and uplifting? Or is everyone dragging their feet?

It may be time to change your environment. Find people who naturally make you feel more motivated.

Don't get me wrong though. It isn't anyone's job to motivate you. You're the one who's accountable.

But it does help when you have great role models.

## *12. You're afraid of failure*

It's much easier to say that you're lazy than to pour your heart & soul into something just to see it fail.

No one wants to get their heart broken, so the fear of failure is a huge reason why people procrastinate.



Procrastination can be a defense mechanism that hides the truth even from you. You're not lazy but afraid of the risk and pain of a potential failure.

Thinking of yourself as lazy doesn't hurt nearly as much as believing you're a loser who can never get the life of your dreams.

It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult - Seneca

If you hand in a project you started working on way too late, you don't have to face not being good enough. You couldn't do your best because there was no time.

And so, if your project isn't up to par, it's because you were too lazy to start sooner. It would be harder to realize that you gave it your all and simply weren't good enough.

*"Lazy" can be protection*

You see how procrastination can be an excuse to never fully commit so you don't get hurt? Calling yourself lazy is much easier than to bare your soul and get rejected.

But while this seems like a great plan, your self-rejecting yourself and your dreams. If you don't dare to take any risks, you'll never know if you can have the life you want.

Give yourself a little more credit. Work on your courage.

It's only when you do scary things that you can grow. If you want this wonderful life you dream of, you simply have to take a few risks.

Besides, failure doesn't have to be this big, terrifying thing. If you really do fail at something, you get valuable information so you can do better next time.

You have to fail your way to success.

### *13. You're scared of success*

On the flip side of the fear of failure is the fear of success.

"Seriously? Don't be ridiculous. Why would I be scared of success?"  
Not so fast.

As with most reasons why people procrastinate, this one can be subconscious, too. On a surface level, you may think that you want to be successful.

It can even be all you dream about – all day and every day.

But deep down, there's a risk that's linked to your success. What if your friends and family think you're a bad person if you have plenty of money and status?

Or they say that you think you're better than them? What if they make fun of you and your beautiful car?

Imagine if strangers judge you and your success?

Even though you want to be successful, you may subconsciously feel guilty about it. And so you procrastinate and self-sabotage without even knowing why.

You can, you should, and if you're brave enough to start, you will - Stephen King

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## *Beat procrastination once and for all*

As you can see, there's always a deeper reason why you don't feel like doing something. Sometimes, you even battle several reasons at the same time.

So I hope this list of 13 reasons why people procrastinate helps you identify more clearly where your procrastination is coming from.

At the very least, it should stop you from beating yourself up for being "too lazy".

Pure laziness has nothing to do with your lack of motivation.

When you know what's truly holding you back, you can do something about it. All is good!

Success usually comes to those who are too busy to be looking for it- Henry David Thoreau

To a great, productive future,  
Ninja

PS: Don't forget to let me know in the comments if this post helps you and if it opened your eyes. Procrastination is sneaky!