

President's Corner

Overcoming Procrastination



When deadlines are looming and we know we must get things done, sometimes we just don't feel like facing it. So, we continually put it off until later. It's called procrastination and according to Psychology Today, approximately 20 percent of the population are habitual procrastinators.

We have many excuses for putting things off for later. Sometimes, it's because the task is difficult, and we dread doing the preparations necessary to complete the task. We may be required to read articles, conduct research, coordinate with other departments, meet with coworkers for updates, add numbers, and write reports. Other times, we put off doing something because we fear making mistakes and being embarrassed in front of our coworkers.

The job may require us to do things that are not in our strong suit. Perhaps we are great at writing a report but insufficient at creating numerical charts or deciphering numbers and determining ratios. We tend to put off doing tasks in which we believe our skills are inadequate.

However, perhaps this is a perfect time to reassess bad habits, such as procrastination. There are many suggestions in the articles on procrastination referenced earlier. The main thing is to recognize the added stress you give yourself when you procrastinate until the final moments. Such stress is not good for your health.

Worse, the work still must be done and when you wait until you are rushed to meet the deadline, you are more likely to make mistakes. Review your work done in a rush. Yes, you made the deadline, but now that you see it in a more relaxed time, do you find yourself noticing the little things you could have done better with more time? Procrastination is comfortable in the short term, but long term, the quality of your work constantly performed under last-minute pressure may not represent well your value to the organization. Stop procrastinating. Put your best work forward and watch your future grow.

Submitted by Theresa McShan
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