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5 Causes of Procrastination

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Article Summary: The 5 causes of procrastination are; perfectionism, fear of failure, fear of success, starting something new and distractions.

The causes of procrastination are many. Unless you are superman you probably procrastinate to some degree. It may or may not be a chronic problem for you. Your reasons to procrastinate may or may not be listed here, but these are some of the more common reasons people put things off.

Perfectionism: Are you a perfectionist? Do you think that everything you do has to be done perfect or not done at all? You need to pick your battles. Some things need to be done as perfectly as possible. For example a heart surgeon needs to be as exact and perfect as possible. And other things can be accomplished with the attitude good enough is good enough. What about an author, does it really matter if an author misses a comma or period; or heaven forbid misspell a word.

Fear of Failure: Fear of failure is somewhat tied to perfectionism. A person who is not a perfectionist will not worry so much about stumbling. Stumbling and struggling is part of learning something new. Is it really reasonable that you will be proficient in anything from the beginning, especially if it is something super important?

Fear of Success: Believe it or not some people fear success. Success brings with it greater responsibilities.

Starting something new: This is the reason many new entrepreneurs procrastinate. You learn a new skill set and wonder if it will really work. You have a tendency to procrastinate until you have proof that it will work.

Distractions: Distractions are often caused by disorder. The more organized you are and order you have in your life the less you will be inflicted with distractions.

Bret Bradshaw writes about self-development, self-help and working an online business. Go to www.mindbodyandmoney.com for more information.