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EMPOWERMENT



**Things Worth Considering**  
Thursday at 5 PM Pacific /8 PM Eastern  
**July 9th 2020: I'm late, I'm late but how can I procrastinate.**

Procrastination is the avoidance of doing a task that needs to be accomplished by a certain deadline. It is the intentional delay or even habitual delay of starting or finishing a task even though it might have negative consequences. We delay everyday chores, putting off important tasks such as going to a medical appointment, submitting a job report, a school project, or having a stressful conversation with our workers or our spouse. It has a negative effect on our productivity. It is associated with depression, low self-esteem, guilt and inadequacy. But, sometimes it is wise if knowing s

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