

Science Says There Is Such a Thing as Too Little Procrastination and It Will Make You Less Successful

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There are a million and one articles out there about [how to stop procrastinating](#). This column isn't one of them. This column is here to tell you that this is such a thing as procrastinating too little.

If that seems like utter nonsense to you, fear not. It was complete gibberish to me too when I first came across the science of something called “precrastination,” but the research on the subject turns out to be pretty clear. We can [make ourselves less productive](#) by rushing to do tasks, just as much as by putting them off. Here's how.

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You probably shouldn't have, according to a now classic 2014 experiment by Pennsylvania State University psychologist David Rosenbaum. For his study Rosenbaum asked students to pick up a bucket and carry it down a hallway, specifically asking them to do the task in the easiest way possible. That sounds simple enough, but here's the twist: the students could choose to either grab one bucket that was halfway down the hallway or another that was just a short distance from the end.