

Why You Procrastinate (It Has Nothing to Do With Self-Control)

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If you've ever put off an important task by, say, alphabetizing your spice drawer, you know it wouldn't be fair to describe yourself as lazy.

After all, alphabetizing requires focus and effort — and hey, maybe you even went the extra mile to wipe down each bottle before putting it back. And it's not like you're hanging out with friends or watching Netflix. You're cleaning — something your parents would be proud of! This isn't laziness or bad time management. This is procrastination.

If procrastination isn't about laziness, then what is it about?