

subheading:

{ Why people procrastinate }

Intro: There are majority of people
Line are indulge in procrastination.

[Reason or Explanation]:

It is very energy consuming to
come out of comfort zone that
causes Procrastination.

[Supporting Sentence]:

People don't want to admit
that they are not doing
anything. They just cheat
themselves by saying ^{that} I will
do this later.

[Evidence Sentence]:

“This why we say that procrasti-
-nation is essentially irrational,
said Dr. Fudia Sirois, professor
of Psychology at the University
of Kentfield. “It does not make
sense to something that has
negative consequences.”

(nytimes.com, Why you procrastinate, Charlotte
Liebenman
March 2019)

[Conclusion]:

People procrastinate to remain
in comfort zone.