

# "Procrastination is a foe"

"How soon 'not now' becomes never."

In aforementioned statement, Martin Luther chastised those who could leave their work on later or tomorrow because it will never come back/return. In simple terms, procrastination is a process in which a person keeps delaying his act on tomorrow. There is a famous dictum in literature that "Procrastination is a time thief, once it is gone, it means it is gone. Therefore, it is pertinent that one should not dissipate his time and energy on doing nothing.

There are several reasons of procrastination. Hard and difficult work is one of the important reasons of procrastination because if there's a hard and difficult work, you will prefer to do nothing instead of using your energy. This eventually leads to procrastination. Apart from this, trying to escape from eating big frog is another reason in which one is keep denying the work that acquire a lot of time. Thus, one prefer not to do those works that takes time. As a result, it will ultimately enhance sluggishness and lethargy.

Owing to the reasons of procrastination, it has badly impacted one's life in various way, such as leading to failure in life, condition of bankruptcy, enhancing sheer depression. Due to these reasons, he will become more lazy and indolent that will eventually lead to his destruction and chaos. For example; in the book "Eat that Frog" writer depicted his story that he was so lazy and lethargic, therefore, he faced various failures and obstacles in his life. that ultimately led to his condition of bankruptcy and sheer depression.

Therefore, it is a dire need to clamp down procrastination. One of the most highlighted solutions is to start working from eat big frog so that other little works would be done automatically. Additionally, conducive environment plays a vital role in achieving ones goals and aims. Just small firm step is required to stamp out procrastination.