

As a teenager in high school, there is a lot of work to be done. Especially as a junior. They tell you at the beginning of the year that this is going to be the most **important** year in your entire high school career. That is a lot of pressure, to say the least. So at the beginning of the year, everyone is working hard and making sure to get things in on time and to make a good impression. Then after maybe 3 weeks, that's when teens begin to procrastinate. I have done it myself. I had an assignment for my history class that I forgot about and then when it came time to do it, I knew I wouldn't have it in by the deadline. Long story short, the teacher didn't check it on the day and then instead of going home to do it, I just kept putting it off. Kept saying that I was going to start it in my free time the next day, then in said free time I said I would start it that weekend. In the end, I ended up having to do the whole assignment in just one day.

There is an article that is titled "The Akrasia Effect", But what is akrasia? In the article, it defines "Akrasia is the state of acting against your better judgment. It is when you do one thing even though you know you should do something else". The whole time I was putting off the assignment I knew I should be doing it and just getting it out of the way. It was something I had to do, but I just kept putting it off, because, in all honesty, I didn't want to do it. I love learning about things that I am into. I could listen to lessons all day about the thing I'm in love with. But as soon as I get somewhere I don't particularly enjoy, I subconsciously begin to just procrastinate. I can know that I am supposed to do it, but I still just put it off. I can only assume that a lot of the teenagers are the same way. We can do what we love but as soon as it's something we don't. That little monster in our brain starts making you, put things off.

When it comes to putting off work, in all reality, we are not just not doing the work we are assigned. Or anything for that matter, school is just a good example. Another good example is trying to lose weight. That is another thing that you have to put your mind through and make plans and goals. At the beginning with anything, people are excited to do it and just want to get started. But the start is actually different than the planning people think that if they plan everything out that they have started. They think they have made it through the hardest part. But they actually have not, they have actually got the easiest part out of the way. A common question that people ask is if I planned it all out, I set reasonable goals, why isn't it working? That is a very good question, "Why do we make plans, set deadlines, and commit to goals, but then fail to follow through on them?". There is actually a very simple answer, we are human. It has been proven that the human brain that prefers to reach short-term goals faster and get rewarded faster. There are not many people that would say no to getting something faster. If you offered to get 10 dollars a day for a or just get 3650 dollars at the end of the year. A lot of people will choose to take 100 dollars a day. It is faster and you are instantly gratified. If you were to take 3650 at the end of the year you would be thinking about it and just it would consume you and you would get bored of just waiting for your money. Us as humans our brain just "really likes instant gratification, not long-term payoff"

If we can just train our brains to not be so greedy procrastination would not be as big of a problem as it is. If we just suck it up and actually start what we have to do then the world would be a lot more of a productive place and maybe even a better and healthier place. There would be a lot of improvement. But we just have to take it one step at a time. We can't expect people to change themselves in a day. A zebra does not change its stripes overnight. There are actually are people that are not aware that they are experiencing the akrasia effect. This article is very eye-opening and I know that I am going to try and work on not procrastinating my work as much and just starting it. Because after you start, everything else is easy. When you start running, your legs hurt in the beginning, but after a while, you get used to it and

you can push yourself harder and reach your goal even faster. That belief works for everything from school to job applications.