

KEY HIGHLIGHTS

Managing Procrastination

Resource person: Tim Urban | Writer and creator of Wait But Why | Curated from TED

Managing Procrastination | Time and Resource Management | careers

01

00:51 — The 90-page thesis shows how a long project can collapse into a damaging final sprint.

02

03:57 — The Rational Decision-Maker is joined by an Instant Gratification Monkey that favours immediate ease and pleasure.

03

05:03 — The Monkey's present-focused choices conflict with plans whose rewards arrive later.

04

06:39 — The Dark Playground describes avoidance that brings leisure, guilt and anxiety together.

05

07:26 — The Panic Monster activates when consequences or deadlines become immediate.

06

10:55 — Deadline-driven delay and open-ended delay have different consequences.

07

13:05 — The Life Calendar makes the cumulative cost of deferred priorities visible.