

There is no time like the present!

or so they say



Spring is here, maybe 😊 Along with gardens popping up there is spring cleaning to be done. Why do we procrastinate? The publication Verywell Mind puts procrastinators in 6 categories...where do you land?

1. **Perfectionist:** puts off tasks out of fear of not being able to complete a task perfectly.
2. **Dreamer:** put off tasks because they are not good at paying attention to detail.
3. **Defier:** doesn't believe someone should dictate their time schedule.
4. **Worrier:** puts tasks off out of fear of change or leaving the comfort of the known.
5. **Crisis-maker:** puts off tasks because they like working under pressure.
6. **Overdoer:** takes on too much and struggles with finding time to start and complete tasks.

You might be forced to do things timely at work but home can be your escape. How long has that box of "stuff" been in your attic? How many years has it been since you looked at that box of 10-year-old Christmas cards?

New research shows procrastination can be part of the creative process so don't feel bad about your put-it-off-habits. You might even find that accepting your procrastination style will allow you to "get at it" and clean out that whatever you have been putting off. You be the judge as you read this – **because I put it off until the very last minute!**