

REASONS WE PROCRASTINATE



- 1) Not feeling “ready”
 - a. Perceiving a lack of information
 - b. Feeling a lack of inspiration
- 2) Needing energy
- 3) Having trouble focusing
- 4) Sense of inadequacy
- 5) Fear of failure
- 6) Fear of success
- 7) Immobilized by stakes that are too high
- 8) The need for incubation
- 9) Anticipation of pain or discomfort
 - a) Discomfort of the mismatch between envisioned art and reality
 - b) Discomfort and messiness of entering the creative state
 - c) Discomfort of asking for help