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The author and professor of economics, Piers Steel, PhD., calls this formula the 'Procrastination Equation'. In a book that he wrote about this topic, he delves a bit deeper into these elements that determine whether you're eager to do a certain activity as soon as possible, or whether you'll tend to postpone

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Developed by Professor
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our motivation into a
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the top you have
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How We Use the Procrastination Equation - Alex Vermeer

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can be frustrating to
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...procrastination has identified not just any delay but an irrational one—that is, when we voluntarily put off tasks despite believing ourselves to be worse off for doing so. Even more helpfully, his work on the study of procrastination led to the procrastination equation — an equation that explains

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for short-circuiting the temptation to dawdle. So don't put it off any longer.

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today" forms the crux of Steel's (human resources & organizational dynamics, Univ. of Calgary, Canada) book, in which he not only answers that question

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self-help book. In addition to offering useful strategies to fight a common problem, it's a fascinating read. Montreal Gazette. In his absorbing first book Steel looks closely at the oft-misunderstood habit of procrastination. Usually seen as laziness, procrastination stems from the ...

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