Why do people procrastinate? Socially it’s tied to the procrastination equation which is expectancy x value/ impulsiveness x delay. Expectancy is what we as a individual are expecting to happen for example if I am not good at baseball and we are going to play well I will dread doing I will have a low expectancy for myself and will not do well which is what will lead me to avoiding that situation and procrastination. Value is the personal value you place on a particular task if I have to do laundry that doesn’t have much value to me I don’t gain anything worth my while out of it and because of its low value to me I am most likely to put it off and complete other tasks instead. Impulsiveness is what stops most people from their work this is from working in a world surrounded by technology phones TV video games and all kinds of other distractions brought out because of our baser instincts our want for food love violence this is the bigger problem in the equation if I sit down to do my work I will put on the TV so all throughout doing work ill stop get distracted and start watching or maybe I start work and I think oh I’m hungry so I’ll stop to go eat so impulsiveness is procrastination through what we value by doing what we enjoy. The last part is delay so you have a task you do it and you get paid a hundred dollars in a month task A task B is the same but you get paid in one week you’re going to put off task A or maybe even forget about it and task B will be completed right away this is because we see the delay and put things off because we have time. I believe my procrastination is from delay and impulsiveness a lot of times when I work I will have a lot of time to complete something more than I need I feel so I’ll wait to do it another day that or I will want to play games or eat please my baser impulses and do what I enjoy before my work. What I can do about this is separate myself from surroundings with distractions and do my work first and reward myself with video games or whatever I want at that time.