

FINANCIAL FOCUS

||| OBJECTIVE
WEALTH

Procrastination and the end of the tax year

The impact that procrastination, or doing things last minute, varies hugely depending on the individual or context and it can have both positive and negative impacts on getting tasks done. While some people may thrive under pressure and produce their best work when facing tight deadlines, others may experience increased stress and lower-quality outcomes.

A study by Ariely and Wertenbroch (2002) showed there are self-imposed deadlines and there are externally imposed deadlines which have shown little difference between individuals' responses. If there are no deadlines imposed, the same study concludes that this hinders performance.

Life is about arbitrary times where collectively and individually we must work to where our blood pressure rises and we feel stressed; last-minute Christmas shopping or completing that work item with a couple of minutes to spare. Dealing with such issues as soon as they come into our minds should, in theory, mean that we can relax and not have to deal with the increased anxiety associated with putting something off.



THIS MONTH'S FEATURED ARTICLES

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