

# An Overdue History Of Procrastination From Leonardo And Darwin To You And Me

Procrastination - the art of postponing tasks and delaying actions that need to be done - is a behavior deeply ingrained in human nature. Contrary to popular belief, this habit is not unique to the modern era. It has been around for centuries, affecting individuals throughout history, including notable figures like Leonardo da Vinci and Charles Darwin. In this article, we will delve into the history of procrastination, exploring how it has evolved over time and how it continues to impact our lives today.

## Leonardo da Vinci: A Creative Procrastinator

Leonardo da Vinci, renowned for his artistic and scientific contributions, was known to procrastinate extensively. Despite his genius, Leonardo struggled to complete many of his projects on time, often leaving them unfinished for years. His iconic masterpiece, "The Last Supper," took him a staggering seven years to complete, due to his tendency to wander off into unrelated projects.

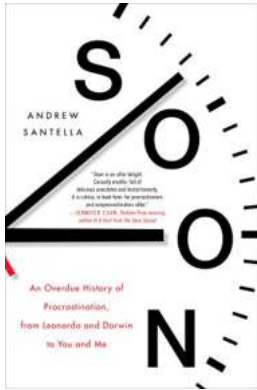
It is believed that da Vinci's procrastination stemmed from his insatiable curiosity. He constantly sought to explore new ideas and concepts, often abandoning ongoing projects in favor of pursuing newfound interests. This trait led to a vast collection of unfinished works, a testament to his ability to procrastinate, even in the face of monumental tasks.

## Soon: An Overdue History of Procrastination, from Leonardo and Darwin to You and Me

by Andrew Santella (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English



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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
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Print length	: 213 pages



## Charles Darwin: A Methodical Procrastinator

Charles Darwin, the father of the theory of evolution, was another historical figure who struggled with procrastination. While Darwin is celebrated for his groundbreaking research and transformative ideas, it is worth noting that much of his work was delayed for years before seeing the light of day.

Darwin's procrastination was different from da Vinci's in that it arose from a meticulous approach to his work. He was known to meticulously gather and analyze data, often devoting significant amounts of time to this process. This meticulousness, combined with a fear of criticism and a desire for perfection, often led Darwin to procrastinate on publishing his findings until he felt they were flawless.

## The Modern Age: Procrastination in the Digital Era

In the digital era, procrastination has taken on a new dimension. With the rise of social media, smartphones, and constant connectivity, people today are bombarded with distractions that make it easier than ever to procrastinate.

Social media platforms, such as Instagram and Facebook, serve as fertile grounds for procrastination. Instead of focusing on important tasks, individuals find themselves endlessly scrolling through the feeds, losing track of time and prioritizing instant gratification over productivity.

Moreover, the convenience of smartphones means that distractions are always within reach. Whether it's browsing YouTube videos, playing mobile games, or leisurely shopping online, these easily accessible forms of entertainment can quickly derail even the most determined individual.

## **Conquering Procrastination: Tips and Strategies**

While procrastination may seem inherent in human nature, it is possible to overcome this behavior and improve our productivity. Here are some tips and strategies to help you conquer procrastination:

### **1. Set Clear Goals**

Clearly define your goals, breaking them down into smaller, manageable tasks. By establishing a roadmap, you will have a clear direction and be less likely to procrastinate.

### **2. Prioritize Tasks**

Identify the most important tasks and prioritize them. By focusing on what truly matters, you can allocate your time and energy more effectively, reducing the temptation to procrastinate.

### **3. Limit Distractions**

Minimize distractions by blocking access to social media, organizing your workspace, and utilizing digital productivity tools. Creating an environment

conducive to concentration can greatly improve your ability to stay focused on the task at hand.

#### **4. Adopt Time Management Techniques**

Explore time management techniques such as the Pomodoro Technique or the Eisenhower Matrix, which can help you structure your time and promote productivity.

#### **5. Build Accountability**

Find an accountability partner or publicly commit to your goals. By involving others, you create a sense of responsibility, making it harder to procrastinate due to the fear of disappointing others.

By implementing these strategies and developing habits that counteract procrastination, you can regain control over your time and productivity.

### **The Enduring Story of Procrastination**

From the enigmatic da Vinci to the methodical Darwin, procrastination has been a universal challenge throughout history. While its manifestations may have changed in the digital age, its impact on productivity remains consistent. By understanding the historical context and acknowledging the factors that contribute to procrastination, we can work towards overcoming this habit and living more fulfilling, productive lives.

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He talked with psychologists, philosophers, and priests. He visited New Orleans' French Quarter, home to a shrine to the patron saint of procrastinators. And at the home of Charles Darwin outside London, he learned why the great naturalist delayed writing his masterwork for more than two decades.

Drawing on an eclectic mix of historical case studies in procrastination—from Leonardo da Vinci to Frank Lloyd Wright, and from Old Testament prophets to Civil War generals—Santella offers a sympathetic take on habitual postponement. He questions our devotion to “the cult of efficiency” and suggests that delay and deferral can help us understand what truly matters to us. Being attentive to our procrastination, Santella writes, means asking, “whether the things the world wants us to do are really worth doing.”



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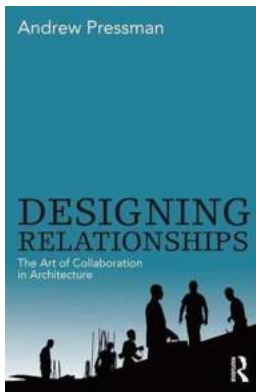
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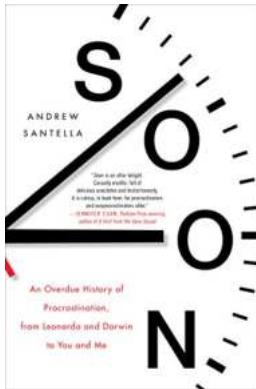
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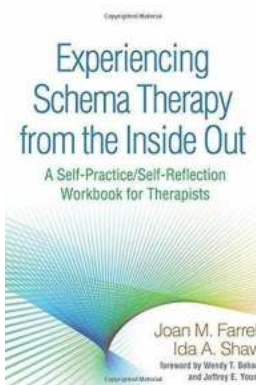
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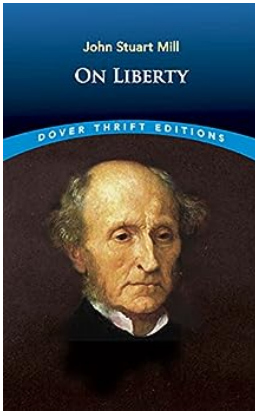
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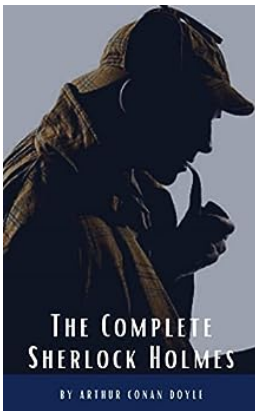
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