

SL: Fast foods, video games and social media...

This is what I did almost all day when I got back home from school

The next thing I knew, it was already 10 o'clock at night

I had barely even touched my homework

Yet, as long as I felt the hot surface screen on my phone

I hopelessly had to keep pressing buttons on my phone until I sleep late at night again

Eventually

Missing homework turned to smothering, failing grades

Lack of sleep lead to droopy, baggy eyes

Worst of all, In class, minutes would go by and the constant itchy thought of using my dreaded phone felt ever-growing more excruciating

I HATED my life and wanted to smash my brain on a wall until it became mush

Now as of today, I can work 4 hours without breaks and the thought of procrastinating never comes to mind

So now, this comes down to you...

Are you heroic head on fight against this procrastination or will you allow it to constantly seduce you into distractions

[Find out the same journey I went through to stop procrastinating](#)

