

# Laziness



A Pinku and Dadaji  
Series

## Laziness is a bad habit

Dadaji: Hi Pinku Good Morning

Pinku: Good morning Dadaji. Today when I was sitting in the sofa and watching TV my mother shouted on me and said stop being a couch potato go and play outside. What is the meaning of couch potato Dadaji?

Dadaji: Well! Couch Potato means a lazy person; a lazy person who watches a lot of television sitting in a couch/sofa and does not do any activity in life. Potato here depicts a fat person who is lazy. That does not mean all fat persons are lazy.

Pinku: Ah! Why are people so lazy in life Dadaji?

Dadaji: Well! Laziness is a habit rather than a mental health issue. The causes may be lack of self-esteem or a lack of positive recognition by others or a lack of interest to do any activity.

Pinku: What are the ill effects of laziness Dadaji?

Dadaji: Pinku laziness is the biggest enemy of life. Laziness has a bad effect not only on our physical health but also on our mental health. Due to this habit, the blood does not circulate properly in our body and this leads to decrease in the quantity of pure blood in our body. If the body parts do not get the pure blood, they become less efficient and the energy level of the person becomes down

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hence becomes physically weak. Mentally, the brains of lazy persons do not function properly. They have a weak memory. They take much time to answer any question. Sometimes, they don't even understand the question, thus, become unable to answer them. The biggest attribute of laziness is that we don't understand its ill-effects on the right time, and afterwards we can only regret.

Pinku: How to stop being lazy Dadaji?

Dadaji: Laziness is natural human tendency. But, that cannot become a way of life. You become lazy as you keep telling yourself that you are lazy, if that is so, you'll always be lazy. Hence, from now on, stop that kind of internal conversation. Tell yourself repeatedly that you are a man of action. The simplest step to avoid being lazy is to keep yourself engaged in something every time or in simple terms be busy always do not give time to your brain to wander here and there.



## Laziness leads to delay in tasks

Pinku: That was a great suggestion Dadaji. Dadaji my teacher always tells in class “do not procrastinate, you will not only become lazy but you will lose every battle in your life”. What do you mean by procrastination and how one will lose every battle in one’s life?

Dadaji: Well! Procrastination is delaying or postponing a task in hand and laziness usually leads to procrastination. Ill effect of procrastination is, that it becomes more difficult for you to accomplish task in hand as the time moves. Procrastination may for some time keep you relaxed however, as the time passes by, and you further procrastinate; it brings in lots of frustration in you.

Pinku: Very true Dadaji. Dadaji what are the triggers for laziness?

Dadaji: In my time there were only two triggers known “rest and sleep”. But today, with entertainment options that are available 24/7, laziness is just around everywhere leading to lack of sleep and lack of work as well.

Pinku: How to get rid of entertainment laziness?

Dadaji: Entertainment is required by everyone this is how we relax but, too much of it becomes addiction which leads to laziness. The only way to get

### Procrastination Leads to Laziness

rid of it is to either avoid or keep only specific time for entertainment modes such as video games, social media, software, apps so on and so forth.

Pinku: Ah! I understood. Entertainment is to be used only for taking breaks and not for time-pass. Correct Dadaji?

Dadaji: You interpreted that very aptly. Do not use entertainment for time-pass there are lot of better things to do.

Pinku: Dadaji, Is laziness a behavior?

Dadaji: Laziness is not a personality disorder or a behavior it is more of thinking disorder which can be broken. If you think you are lazy, you stop working and find ways to pass time you will become such, However, if you deviate your mind towards something constructive such as learning, your laziness can be broken.

Pinku: True Dadaji. Can lazy person be successful?



## Idleness can lead to Laziness

Dadaji: Well! Laziness is something that every person has up to what extent depends on their individual personalities. There are examples such as Einstein, Newton, and Picasso who were lazy in their adolescences. However, when they realized their true potential, they never turned back and worked very hard to become what they are known for meaning they overcame being lazy which gave them results.

Pinku: Ok! That reminds me of a popular saying that lazy people have more creativity and can find shortcuts in everything they do. How far is that true Dadaji?

Dadaji: The creativity and trait for finding shortcuts is a part of one's personality and you cannot give credit to laziness for it. Laziness is in fact reducing their thinking power hour by hour, just think by being lazy if these personalities show their creativity or find ways to shorten jobs, if they are not, how much more productive they can be and how much useful they can be to this world. Remember Pinku lazy person know only one thing how to kill time and not be productive.

Pinku: Bang On! You are on target Dadaji. So true, Lazy can only be lazy and nothing else. If you want to be something else, avoid being lazy. I got the

### Lazy can only Kill Time

### Doing Nothing

point that you want to make Dadaji. Well! My next question is what is the difference between an idler and lazy?

Dadaji: No much difference both finds way to be idle and not to do anything. The hairline difference can be that a lazy can become active but idler will always avoid work. Meaning, idler is the next stage of laziness which is more dangerous.

Pinku: Got it Dadaji. Tell me, why are lazy so happy doing nothing?

Dadaji: It's simple, as they are not aware of future consequences; they are not cognizant of the true fact of this world they tend to be happy. But, this won't last long. Let me tell you a story related to your question: Here was once a little bird that was lazy. Every day, when it was time to get up, friends of his had to shout at him again and again before he would finally struggle out of bed. And when there was some job he had to do, he would keep putting it off until there was hardly enough time left to do it.



## Lack of motivation can lead to Laziness

People kept telling him "What a lazy bird you are! You can't just keep leaving everything to the last minute". "There's really no problem", answered the little bird, "I just take a bit longer to get around to doing things, that's all". The bird spent all summer flying and playing, and when autumn came it was time to prepare for the long journey to a warmer land. But, our little bird, lazy as ever, kept putting it off, feeling quite sure that there would be plenty of time to prepare for the journey. That was, until one day when he woke up and all the other birds were gone. This was the situation of the bird when he did not know which way to fly to find its friends, how to survive in cold, whom to take help from, what would he do to survive? See, how suddenly happiness of the lazy bird turned to a tragic situation. Hence, we should be never lazy.

Pinku: I understood the intent of your story but what happened to that bird Dadaji?

Dadaji: Well! At the beginning, he spent a lot of time crying, but he had to admit that it was his own fault. He knew he could do things well when he put his mind to it so, putting his laziness aside, he began to prepare for the winter. First, he spent days looking for the place that was best protected from the cold. He found a place between some

### Lack of Motivation Can lead to Laziness

rocks, and there he made a new nest, well built with branches, stones and leaves. Then, he worked tirelessly to fill the nest with fruits and berries, enough to last the whole winter. Finally, he dug a little pool in the cave, so he would have enough water. And, although many would not have believed it, all these preparations meant that the little bird did survive through the winter. When the spring finally arrived, and his old friends returned from their voyage, they were all filled with joy and surprise at seeing that the little bird was still alive. But remember Pinku everyone cannot be as lucky as the bird was.

Pinku: Hmm...lucky birdy...How to combat laziness Dadaji?

Dadaji: The main cause of laziness is lack of motivation. Hence, self-motivation is the best way to combat laziness. Build an aim or goal for yourself and work towards achieving the same for one time and every time.



## Laziness will reap Laziness

Laziness will vanish.

Pinku: An aim that I want to be among top 10 in my class.

Dadaji: Yes true. You have a realistic aim which is achievable meaning do not put an aim for yourself that is very difficult to achieve and when you fail, you have to regret for it. Keep your aims and goals reachable and achievable and increase it as you become more efficient.

Pinku: I thought that was a very good suggestion Dadaji. Dadaji can you teach someone how not be lazy?

Dadaji: Yes why not? A small story for you to understand this: In a small village lived a very hardworking farmer who had three sons. All three were strong and healthy. But they were all lazy. The farmer was sad thinking about his sons and the future of his farmland. One day, farmer got a flash of an idea. He called all his sons and said I have hidden a treasure in our farmland. You search and share the treasure among you. The three sons were overjoyed. They went to the fields and started searching. They dug each and every inch of the field. But they could not find anything. They were sad. Farmer said to his sons, "Oh! Dear

### Rewards can Motivate Lazy to Work

sons I forgot to tell you that the treasure will only be visible when you sow a crop, since, now you have dug the field, why not sow a crop? Off went the sons to sow the crops. Days passed. Soon, the crops grew lushly green. The sons were delighted. The father said, "Sons, this is the real treasure I wanted give you". All sons realized that hard work will reap in good crops and laziness will reap further laziness.

Pinku: Hmm... so you need to attach some reward for lazy to work. Isn't it Dadaji?

Dadaji: That's one of the methods, one might think of several other methods. But, ultimate aim should be that lazy realize his potential and change not be lazy.

Pinku: Agreed Dadaji. My next question, is simplicity an excuse to be lazy?

Dadaji: Simplicity is not easy to practice. However, if we make it an excuse to avoid hard work, it ruins our capabilities.



## Laziness drives non-learning

Living a simple life do not mean hassle free live and it surely do not mean lazying around. No work, No tensions, hence a smooth life is a myth and with this mind-frame, we are making ourselves to rot. The meaning of simplicity is not being arrogant, not to show off attitude and be polite every time. A person having a cool head what may come so is living a simple life.

Pinku: Correct my understanding if anyone who is living satiated life lives simple?

Dadaji: Living simple does not mean living with satisfaction; living simple mean those who are goal driven, self-encouraged, motivated, self-driven and successful still do not show off. People who say that I'm satisfied with what I have are actually restricting themselves from doing more. I prefer saying they are lazy or trying to baffle them self. Life mantra is simple, strive hard but stay simple.

Pinku: I understood Dadaji. Tell me how to get energized and motivated when you feel lazy Dadaji?

Dadaji: Exercise and your body get energized, tell yourself that you are enjoying what you are doing and then you feel motivated. Do not over do that leads to laziness as a natural response to tiredness rather, take sufficient breaks and complete your

Laziness is defined as  
Non-action

job. One of the best things to get rid of laziness is to get organized and avoid clutter and chaos.

Pinku: That was a good suggestion Dadaji. What did Lord Shri Krishna told about laziness?

Dadaji: Lord Shri Krishna had said that the person who is lazy is on the path of ignorance. Lord said ignorance, as non-action leads to non-learning, non-learning leads to life which is useless to self and others as well.

Pinku: Understood Dadaji. What causes laziness Dadaji?

Dadaji: There are several causes of Laziness such as:

- ◇ Laziness is usually bred from postponing something that needs to be done. It might be urgent or not but why postpone it while you can do it now



## Any fruitless time-pass is Laziness

- ◇ Distractions bring laziness. The most common causes of distractions are social media, talkative friends and thinking about exciting upcoming events. In order to overcome laziness in this case, switch off all sources of distraction. I am not saying to cut yourself off completely but you may need to moderate the time you spend on these distractions.
- ◇ Laziness is caused by poor lifestyle. Some people live unplanned and totally careless lifestyles. They stay up late doing things that are not important at all such as chatting on social media, watching movies and texting and next day feel sleepy the whole day making them more lazy.
- ◇ Some people can't decide what to do and this leads to indecision leading to laziness. While taking time to decide you kill so much of time that ultimately you do not want to do that at all making you lazy.

Pinku: Ah! True. My next question to you is you have spoken about social media making us lazy why do you say so Dadaji? There are so much of abundant learning and information available in social media.

### Social Media Can Lead to Laziness

Dadaji: Social media is not only making us lazy but also lonely. For example, when I visited Mahesh uncle's house, I found everyone is busy, his daughters on laptop and tab, wife on some chit-chat app, and Mahesh uncle himself browsing and trolling. No one speaks to each other anymore and no one cares that a guest has arrived to your house. That is the effect of social media. I am not telling that social media is bad but, too much of it addiction to it not caring people around you, not caring your job at office, not caring your syllabus at school is what social media making people lazy.

Pinku: Why do you call it laziness, all are busy in their own world that's it.

Dadaji: No Pinku I differ here, I meant lazy as the work which should have been focused or prioritized are kept apart or ignored and time pass has become passion which is another form of laziness.



## Laziness is a mindset

Pinku: Hmm... makes sense Dadaji. I see some people not doing anything and just thinking and overthinking on something. Is that laziness or depression Dadaji?

Dadaji: Very legitimate question Pinku...Many people who suffer from clinical depression will initially feel like they're just being lazy, not wanting to get off the couch or out of bed. On the surface, the two laziness and depression appear to share some similarities. But dig just a little deeper and you can quickly determine whether you're depressed or just being lazy. Laziness just do not attack any person, you should have been lazy since long for you to be called lazy however, if laziness is developed because of stress or any kind of failure, I am sure it is depression.

Pinku: That was great knowledge you shared Dadaji. I also heard that WHO (World Health Organization) releases ranks for laziness is that true Dadaji?

Dadaji: Yes it is. World Health Organization releases a report that shows the rankings of nations on how lazy or energetic they are.

Pinku: Oh! So that's true...Ok...What makes laziness so pervasive or wide spread especially in

### Keeping Self Busy, one Can get rid of Laziness

youth?

Dadaji: Some of the common triggers especially in the youth are as given below:

Confusion: "I don't know what to do."

Neurotic Fear: "I just can't."

Fixed Mindset: "I'm afraid I'll fail or look stupid."

Lethargy: "I'm too tired. I don't have the energy."

Apathy: "I just don't care about anything."

Regret: "I'm too old to get started. It's too late."

Identity: "I'm just a lazy person."

Shame: "What if someone talks about me if I do this."

Pinku: How to overcome these Dadaji?

Dadaji: It's simple "just do it" why think of results let them come, I will face it good or bad. wonderful piece of advice Dadaji.



## Laziness is lack of activity

My next question “What is the science behind laziness Dadaji?”

Dadaji: I don't know much Pinku but one of the reasons I know is some of kind of gene mutation (/ alteration) which hinder Dopamine receptors may lead to laziness or I would say lack of activity. But this can be changed, so you cannot completely blame your parents for your laziness.

Pinku: How can you change?

Dadaji: Give a start. Rest is taken care by the body. Once you have started, your body will constantly pester you until you finish the task. This is called the Zeigarnik Effect.

Pinku: Zeigarnik effect and what is that Dadaji?

Dadaji: Zeigarnik effect states that people remember uncompleted or interrupted tasks better than completed tasks.

Pinku: I will Google myself about this effect to know more. My dad say's to my mom “You are so active when you are shopping, in a coffee shop, at work, at a party but when you come home you become so lethargic”... what type of laziness is this Dadaji?

Dadaji: Well! It's called random laziness. And it is

Keeping Self Busy, one  
Can get rid of Laziness

just a mindset which can be changed. Only motivation and a feeling of self-achievement can change random laziness.

Pinku: Hmm... random laziness... I have to change my mindset too Dadaji as when I am at school or at tuition I am very active but, at home I don't feel like study. I thank you Dadaji for all the wonderful knowledge that you shared today on laziness and how to get rid of it. See you in the evening Dadaji. Bye for now!

Laziness is not the  
way of Life

Thank You

