

## Put things off until tomorrow? Blame your genes

A study by researchers at the University of Colorado at Boulder has found that a tendency to procrastinate is affected by genetic factors, which are also linked to a propensity to be impulsive

Everybody has put off today what can be done tomorrow. And that might be because procrastination is in your genes, a new study published in the journal Psychological Science suggests.

But when it comes to delaying, not everyone is created equal. Some are significantly more likely to procrastinate than others, so researchers at the University of Colorado at Boulder looked into whether this bad habit might have its roots in genetics by surveying 181 identical twin pairs and 166 fraternal twin pairs. The twins were surveyed on their ability to set and maintain goals, propensity to procrastinate and impulsivity.

**Read the full, original story: [Procrastination Is in Your Genes](#)**