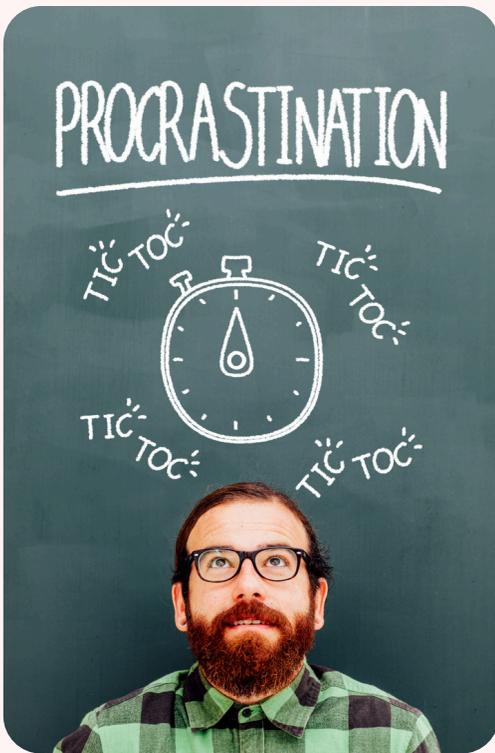




THEMBA TUTORS



Procrastination by the Numbers

CHECK OUT THESE REAL-WORLD
PROCRASTINATION STATISTICS:



of adults are chronic procrastinators



of employees admit they procrastinate at least one hour a day



Remote workers are **2–3x more likely** to struggle due to lack of structure

Job seekers who procrastinate report **lower confidence** and fewer interviews



Parents are especially vulnerable due to **mental load** and **decision fatigue**.

These numbers reflect a real and growing procrastination problem—one that deserves solutions rooted in science and compassion.

Discover how [executive function coaching](#) at [Themba Tutors](#) can help you turn procrastination into progress.