Why we leave things undone

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The painting that you had started with so much enthusiasm now sits on your table, half done, making you question a lot of your decisions. Other things that you had started impulsively or with all your heart, now remain incomplete, seemingly staring back at you from every corner. How often do you find yourself in that situation? Has leaving things undone or incomplete become a habit?

Often, we look back at all the things we have left undone and they start to take a toll on us, either by affecting our productivity or demotivating us. This creates a cycle where we often find ourselves starting a task and then not being able to finish it. Chances are this is not merely procrastination, and several other factors might be contributing to this hindrance.

The unfairly high standards we set for ourselves might be one possible explanation. We often start a task with a clear vision but, when things do not go accordingly, we tend to give up. The fear of judgement, either from ourselves or from others, might be stopping us from getting back to the task. In this case, focusing on the process instead of the results might prove to be more helpful.

Again, the process or the journey might not be as smooth as we may have expected, as it's natural to face hurdles along the way. This can overwhelm many to the point where they would rather abandon a task than go forward. In this case, it may be worthwhile to take a step back to gain some perspective. If you are too overwhelmed, take a breather and try to get back to the

task with a clearer mind.

Lack of motivation caused by self-doubt or lack of commitment is another challenge. However, lack of motivation can potentially be a symptom of more serious underlying conditions like anxiety, depression, or attention deficit hyperactivity disorder (ADHD). Motivation is key when taking up and completing a task, so if this is where you are getting stuck, take some time to understand what is causing it. Figure out what might motivate you or look back at the thing that motivated you to start the task in the first place.

Distractions are only natural and sometimes a break, or several breaks, may be necessary. But if you are continuously getting distracted and finding it hard to get back to the task, some self-discipline might be required.

The last thing that might be a cause of hindrance is the simple fact that you have committed yourself to too many tasks at the same time. In this case, try to prioritise your tasks and divide your time amongst the more important ones. Depending on the priority of the task, you may opt to eliminate a task altogether. That way, it does not occupy extra space in your mind either.

So, if you find yourself leaving things undone too often, it might be a sign to give it some attention.

Remind Rudaiba to get back at the things she has left undone at rudaiba.rhymee@gmail.com

Anime music helped me study for A levels. Here's how

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It was April. Just weeks away from my first A2 exam on the third of May. And I was in quite a pinch, to be honest. Work was slow and inefficient. My thoughts, more often than not, reassembled the points of a nonlinear scatter graph. All of it was unacceptable. Little time separated me from my days of reckoning, and I was still not quite where I wished to be.

"Why not listen to anime OSTs while studying?" a part of me interjected, suddenly interrupting one of my sessions of perpetual suffering. Lo-Fi tunes and classical music are usually the most popular when it comes to studying, but neither has really worked for me. How would anime soundtracks be any different? Wouldn't I just be squandering precious time and concentration? The idea was fresh, though, and I couldn't resist experimenting a bit. Would my performance shoot up, or would it dip?

I played an hour-long looped version of Ken Arai's "Next To You" from the anime series *Parasyte: The Maxim* and set to complete a chemistry past paper. Within two repetitions of the loop, I was done with the paper in two hours.

I was honestly surprised. At home, it always took me much longer than the designated time to be done with that sort of thing. The experiment was a roaring success, and for most of the day and the rest of that night, if anyone had chosen to stand outside my door and eavesdrop, they'd only be able to discern that same faint, delicate, nostalgic melody.

I repeated the process throughout what time was left, playing a different tune for every question paper and treating myself to a new atmosphere for each chapter of notes. For someone who has great difficulty sitting in one place for too long, the soothing serenity of Masaru Yokoyama's soundtrack for *Your Lie in April* would help quell my endless agitation. "Loneliness" and the character themes of Light Yagami and L – each an iconic piece from the classic anime *Death Note* – kept me calm and collected even when things felt like an uphill battle. The otherworldly allure of Yuki Kajiura's soundtrack for *The Garden of Sinners* even made mathematics feel romantic and mysterious oftentimes.

For, studying has always been mind-numbingly boring. Somehow, the subjects I ended up picking, always threatened to send me into a deep, deep slumber. There's a little cheat code, though. Biology becomes much easier when you feel like a murderous genius with a lethal notebook. Chemistry is almost bearable if you can think of yourself as a Viking warrior searching for his purpose in a carnage-infested world. The key is to discover innovative new ways to like the things that you really don't.

My A levels went well for someone who'd fumbled up a lot in the lead-up. Aside from the people who came through in the times I needed them the most, I suppose even those maestros of music deserve a slice of the credit pie. After all, those days of intense cramming could hardly have been any more fun.

A levels are over and Nayeem is lost once more. Help him decide on his future at nayeemhaider90@gmail.com