

Laziness is not only viewed as a personal flaw but also a moral one. However, this perception strengthens the myth that continuous effort and productivity are the only paths to success and self-worth. As a result, a culture emerges where everyone feels the pressure to always strive harder. This can lead to anxiety, burnout, and discrimination against those who work differently or struggle to keep up.

According to research by Katrien Devolder, professor of Applied Ethics at the University of Oxford, the key factor behind laziness is the absence of a strong reason to work harder. It's not about how much effort you exert, but about how effectively your efforts help you achieve what matters to you.

Certain behaviors may seem "lazy," but in reality, they make us more productive. For instance, you may decline meaningless tasks to free up time for deep thinking, set boundaries at work to prevent burnout, say "no" to tasks outside your responsibilities, or automate repetitive tasks to focus on creative ones.

The ability to distinguish truly lazy behavior from justified effort management can liberate you. It allows you to resist the pressure to be constantly productive while doing so without guilt.