

Delayed gratification by Vicini

What is instant gratification?

“Instant Gratification” is when you're supposed to do something but you do something else “funner”.

What is delayed gratification

Delayed gratification is the opposite of Instant Gratification. It is delaying the fun parts and doing what needs to be done. So for example I'm writing a newspaper on a computer and I see my favorite game (dragon city). I want to play it but I do the magazine first and then play game.

Why is delayed gratification better than Instant Gratification?

Delayed gratification means you put some discipline on yourself, do your work and THEN play games. 