Nowadays, one of the steps that you should do when you have a project for school or a task for work is preparing a presentation to complain about your experiences to your professor or boss. Some people are more comfortable when they spend time on the preparation daily. However, others prefer to wait until they find a good idea and then start working. In my opinion, if you work on your presentation daily, you can increase its quality. So I prefer a daily activity, and I want to propose two reasons.

The first reason coming to my mind is about time. When you decide to do something in a part of your time everyday, you usually start before the time that you think is exactly enough, so you have more time if you under-estimated it. Furthermore, doing anything in a limited or even enough period makes me nervous because I say “Your deadline is near. You can not do it. Your time is inadequate” to myself at any moment and I usually decide to give up in these circumstances to get far away from my anxieties. So, having a routine helps you to prepare better.

The second reason which is worth mentioning is about unconscious thinking. There are some scientific theories that prove your brain processes a lot of things, only a small proportion of which is allowed to control consciously by yourself, so your brain processes a lot of things which you do not want and know at any moment. One of the most popular examples is sleeping duration. Your brain makes you dream or you feel understand solution of the problem you wanted to solve last night and I remember some stories about different scientists who tried to write on a paper anything that came to their minds when they woke up. After all, if you start preparing your presentation as soon as possible and daily, you can use your brain to improve your speech more and it happens consciously and unconsciously.

In conclusion, I prefer to prepare my presentation continuously and daily because I believe it keeps me relaxed and I can perform a higher quality of the presentation in front of my professor or boss.