

How Do I Procrastinate?

Let Me Count the Ways

Instructions: Write down the activities where you typically find yourself procrastinating. Add significant comments, such as with whom, when, where, how, and why. Do not fill in the prevention plan section until you've read the next few pages on overcoming procrastination.

1. Activity where I procrastinate _____

Comments _____

Prevention plan _____

Comments _____

2. Activity where I procrastinate _____

Comments _____

Prevention plan _____

Comments _____

3. Activity where I procrastinate _____

Comments _____

Prevention plan _____

Comments _____

4. Activity where I procrastinate _____

Comments _____

Prevention plan _____

Comments _____

5. Activity where I procrastinate _____

Comments _____

Prevention plan _____

Comments _____
