

Procrastination Worksheet

1. What are you putting off?
 - At home?
 - With family?
 - With friends?
 - At work/ school?
 - Other?
2. What is it costing you to keep procrastinating?
(ie. Self esteem, safety, money etc)
3. If you were to stop procrastinating, which of these things would be the most important to tackle first? Rank order the things you would like to stop procrastinating.

Watch: TED talk (You Tube)

Inside the mind of a master procrastinator (Tim Urban)

Discuss the answers to this worksheet with a partner and how procrastination affects your life