

Where Do You Procrastinate?

It is extremely rare for anyone person to procrastinate in all areas of life. Most people are selective in their procrastination. The following checklist had been adapted from Burka and Yuen (1983). Mark those areas where procrastination seems to affect you most.

Personal	
<input type="checkbox"/> Eating well <input type="checkbox"/> Exercising <input type="checkbox"/> Getting enough sleep <input type="checkbox"/> Bathing and hygiene	<input type="checkbox"/> Health care (doctors' visits, dentist, etc.) <input type="checkbox"/> Balancing bank account <input type="checkbox"/> Relaxation and hobbies <input type="checkbox"/> Other:
School/College	
<input type="checkbox"/> Going to class <input type="checkbox"/> Doing your reading <input type="checkbox"/> Studying for tests <input type="checkbox"/> Doing homework <input type="checkbox"/> Writing papers <input type="checkbox"/> Starting long term projects	<input type="checkbox"/> Finding a study group <input type="checkbox"/> Talking to an instructor <input type="checkbox"/> Making an advising appointment <input type="checkbox"/> Registering for next term <input type="checkbox"/> Going to the library
Shopping, Home & Maintenance	
<input type="checkbox"/> Paying bills <input type="checkbox"/> Finding a new place to live <input type="checkbox"/> Getting financial aid taken care of (FAFSA, forms, etc.) <input type="checkbox"/> Doing laundry	<input type="checkbox"/> Cleaning <input type="checkbox"/> Grocery shopping <input type="checkbox"/> Doing dishes <input type="checkbox"/> Other:
Social/Relationships	
<input type="checkbox"/> Talking with friends <input type="checkbox"/> Writing email responses <input type="checkbox"/> Going out/socializing <input type="checkbox"/> Asking someone out on a date	<input type="checkbox"/> Ending a relationship <input type="checkbox"/> Calling relatives <input type="checkbox"/> Other:
Work	
<input type="checkbox"/> Going to work <input type="checkbox"/> Preparing a resume <input type="checkbox"/> Other:	

What areas in your life tend to be most affected by procrastination? _____

Procrastination Management

Steps you can take to get yourself out of procrastination and into progress

