

PROCRASTINATION SABOTEURS

PART V



Worksheet 1

This exercise is meant to help you discover when and to what extent the procrastination habit saboteurs are lurking.



What tasks do I regularly avoid?

Review your daily activities, from waking to bedtime. Which recurring tasks do you tend to delay or avoid?



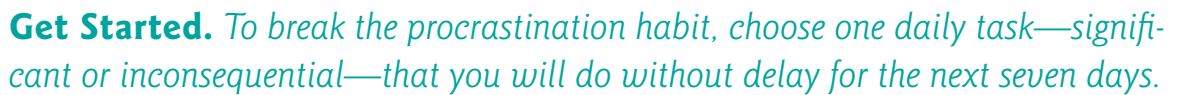
What thoughts usually arise as I consider whether to do or postpone each task?

Is there strong resistance, hesitation, uncertainty, or do other thoughts come up at that moment?



How do I usually justify avoidance?

What rationale or explanation do you use for avoiding each of the tasks?



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