***Procrastination Worksheet***

Consciously reflecting and imagining seemingly big problems into smaller parts can be easier to make sense of it all. Doing this helps you make a plan as you go forward and try to change what you feel needs fixing.

1. *Think of a recent experience where you procrastinated. What do you think the big task or problem was that led you to act that way? Break it down into smaller parts to see what needs change first.*

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1. *What are the excuses you tell yourself when you are thinking about procrastinating?*

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1. *What discomfort are you trying to avoid by procrastinating?*

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1. *List the pros and cons for both procrastinating and acting right away and weigh the consequences. Recognize valid reasoning and strategic thinking from procrastinating.*

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1. *What is something you can do to help resist the urge to procrastinate? (e.g. building new habits, setting a specific time and place to work, working in groups)*

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1. *Visualize and describe how you will act differently. Make a step by step plan to help change your procrastination tendencies, refer to the first question to help find the behaviour, the second and third to find the reason, the fourth and fifth for solutions and helpful thought processes.*

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