**Procrastination Journal Prompts**

Use these prompts from whichever box, ones that help you explore your particular procrastination habits. Do these when you know what fuels your procrastination so you can dive that much deeper into understanding your habits.

| Fear of failing | Come up with a plan-B (an alternate plan in case the original one doesn’t work out).  Think and treat yourself positively.  Change your perspective – (I have to → I get to, this happened to me → this happened for me). |
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| Tasks you are avoiding | *Ask and answer:*  What excuses do you make when procrastinating?  What did you do instead of completing your task?  What was the result of your choices and behavior? |
| Worrying and self-doubt | *Ask and answer:*  What do you imagine is the worst case scenario?  What would I do if this happened?  How would I cope in this situation?  How would you continue on after making this mistake? |
| Fears in relationships | *Ask and answer:*  What are your thoughts and feelings towards intimacy in your relationships?  What are your boundaries surrounding intimacy?  How do you feel when your intimacy boundaries have been crossed? |

Helpful Strategies for yourself

| Dealing with your procrastination | Separate time for your activities from time for your responsibilities.  Make your downtime mandatory (to avoid possible future excuses to procrastinate).  Change unrealistic goals to realistic and reasonable ones.  Engage in relaxation techniques (e.g. meditation, breathing exercises) |
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