**Procrastination Diary Sheet**

* For a week, write down incidences of procrastination on one of these sheets daily with:

1. Tasks you procrastinated on
   1. E.g, washing the dishes
2. The context in which the procrastination behaviour happened
   1. E.g, at home at night
3. Reasons for procrastination
   1. E.g, mental and bodily exhaustion
4. And possible solutions to stop the behaviour. Think about what part of the context (time or place) or your thought process led to procrastination.
   1. E.g, Washing dishes as soon as they are used (Smaller tasks are less exhausting), setting an earlier time for the task (more energy at hand), making arrangements with possible co-habitants (delegating the procrastinated task, saving energy).

| **Task** | **Context (time/place)** | **Reasoning Behind Procrastination** | **Solutions** |
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