

**WHERE DO YOU PROCRASTINATE?**

**STAY PRODUCTIVE**

It is extremely rare for anyone person to procrastinate in all areas of life. Most people are selective in their procrastination. Mark those areas where procrastination seems to affect you most.

<b>PERSONAL</b>	
<input type="checkbox"/> Eating well	<input type="checkbox"/> Health care (doctors' visits, den-tist, etc.)
<input type="checkbox"/> Exercising	<input type="checkbox"/> Maintaining your car
<input type="checkbox"/> Getting enough sleep	<input type="checkbox"/> Relaxation and hobbies
<input type="checkbox"/> Bathing and hygiene	
<b>SCHOOL/COLLEGE</b>	
<input type="checkbox"/> Going to class	<input type="checkbox"/> Finding a study group
<input type="checkbox"/> Doing your reading	<input type="checkbox"/> Talking to an instructor
<input type="checkbox"/> Studying for tests	<input type="checkbox"/> Making an advising appointment
<input type="checkbox"/> Doing homework	<input type="checkbox"/> Registering for next term
<input type="checkbox"/> Writing Papers	<input type="checkbox"/> Going to the library
<input type="checkbox"/> Starting long term projects	
<b>SHOPPING/HOME/MAINTENANCE</b>	
<input type="checkbox"/> Paying bills	<input type="checkbox"/> Cleaning
<input type="checkbox"/> Finding a new place to live	<input type="checkbox"/> Grocery shopping
<input type="checkbox"/> Getting financial aid taken care of (FAFSA, forms, etc.)	<input type="checkbox"/> Doing dishes
<input type="checkbox"/> Doing laundry	<input type="checkbox"/> Others:
<b>SOCIAL/RELATIONSHIPS</b>	
<input type="checkbox"/> Talking with friends	<input type="checkbox"/> Spending time with siblings
<input type="checkbox"/> Writing email responses	<input type="checkbox"/> Calling relatives
<input type="checkbox"/> Going out/socializing	<input type="checkbox"/> Others:
<input type="checkbox"/> Quality time with family	
<b>WORK</b>	
<input type="checkbox"/> Going to work	
<input type="checkbox"/> Preparing a resume	
<input type="checkbox"/> Others:	

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

Adapted from Burka & Yuen. (1983). *Procrastination: Why you do it, what to do about it*. Boston: Addison -Wesley.

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