



PROCRASTINATION CHECK LIST - AREAS OF PROCRASTINATION



Place a check in front of the statements that you tend to put off on a regular basis. In other words, the more check marks, the more procrastination you exhibit. The less check marks, the less procrastination.

Personal Health and Wellbeing

- eat well
 - healthy behaviors/choices
 - balance finances
 - other
 - sleep well
 - good grooming
 - enjoy recreation/hobbies
 - exercise
 - seek health care (doctor, dentist)
 - manage time well
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School

- go to class on time
 - write papers
 - talk to instructors
 - other
 - do homework
 - read text books
 - use campus resources
 - study for tests
 - form study groups/see tutors
 - complete financial aid forms
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Work

- go to work on time
 - learn new skills
 - gather info/research
 - other
 - use breaks wisely
 - communicate with boss
 - interact with colleagues
 - complete tasks/projects
 - return calls/make calls
 - job search activities
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Home

- cook
 - shop/errands
 - yard work
 - other
 - clean
 - pay bills on time
 - trash out
 - laundry/iron
 - dishes
 - family commitments
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Relationships

- make time with friends
 - remember special occasions
 - ask someone out
 - other
 - make time with partner
 - meet new people
 - end a bad relationship
 - make time with family
 - deal with conflict well
 - communicate effectively
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Other

- car repairs
 - home maintenance
 - other
 - income taxes
 - set short term goals
 - volunteer
 - set long term goals
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Results:

Is this what you expected?

Do you see any themes or patterns?



Need a boost? Pick up the “20 Tips to Beat Procrastination” handout and/or contact the **Connect to Success Office (Room #1655, dana.kobold@rrcc.edu or 303.914.6317)**