

Procrastination Awareness Plan

STEP 1: Use the “Where Do You Procrastinate” survey to fill in Part 1.

STEP 2: Identify the ways you procrastinate (what you do instead of the work you need to complete)

STEP 3: Brainstorm ways to avoid and interrupt procrastination.

STEP 4: Plan for specific actions that might work for you!

PART 1: Identifying Avoidance Areas

When you procrastinate, what do you avoid doing?

1.
2.
3.
4.
5.

PART 2: Identifying Procrastination Behaviors

How do you procrastinate? That is, what do you do instead of the work you need to complete?

1.
2.
3.
4.
5.

PART 3: Planning for Success

What can you do to avoid procrastination?

When you notice yourself procrastinating, what action can you take to re-focus yourself on the task you need to complete?

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.