

Why Do I Procrastinate?

1. NO MOTIVATION. LIST SOME THINGS THAT DESTROY YOUR MOTIVATION:

2. FAILURE TO PLAN. LIST SOME AREAS OF YOUR LIFE THAT COULD BENEFIT FROM A BETTER PLAN:

3. FEELING OVERWHELMED. LIST SOME THINGS THAT CAUSE YOU TO FEEL OVERWHELMED.

You may delay, but time will not.
-Benjamin Franklin

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4. DISTRACTIONS. LIST SOME THINGS THAT DISTRACT YOU FROM USING YOUR TIME WISELY:

5. POOR TIME MANAGEMENT. LIST 3 THINGS THAT SHOULD BE YOUR TOP PRIORITY EVERY DAY:

6. DISORGANIZATION. LIST THE AREAS OF YOUR HOME THAT MOST NEED TO BE DECLUTTERED AND ORGANIZED:

The duty of planning tomorrow's work is today's duty.
-C.S. Lewis

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7. TOO MANY RESPONSIBILITIES. WHAT ARE SOME THINGS YOU DO THAT COULD BE DONE BY SOMEONE ELSE?

8. EXHAUSTION. LIST SOME THINGS THAT ARE CONTRIBUTING TO YOUR EXHAUSTION:

9. NO HELP FROM FAMILY. WHAT ARE SOME THINGS YOUR FAMILY COULD DO TO MAKE YOUR LOAD LIGHTER?

*Never do tomorrow what you can do today.
Procrastination is the thief of time.
-Charles Dickens*