

Procrastination Elimination Experiment

Answer the following questions based on JUST ONE THING that you procrastinate and want to stop procrastinating.

1. Does your procrastination cause you to fail at major things or does it only cause small problems?
 - A. Fail major things
 - B. Small problems only
2. If procrastinating causes you to fail at a major thing, are you relieved afterward?
 - A. Yes
 - B. No
3. Is the thing you procrastinate a huge project, a little mundane thing, or a small but key part of a bigger thing?
 - A. Huge project
 - B. Mundane Thing
 - C. Small but key part of a bigger thing
4. Procrastinating about this thing makes me feel unworthy / ashamed.
 - A. True
 - B. False
5. The thing you procrastinate is:
 - A. Overwhelming
 - B. Boring
6. Other than getting around to doing it, you are good at the thing you procrastinate.
 - A. No
 - B. Yes
7. The thing you procrastinate is just too
 - A. big / much / many / hard
 - B. boring / tedious / aggravating
 - C. frustrating
8. If you were to never procrastinate this thing, that might cause other troubles.
 - A. True
 - B. False
9. Even while you are procrastinating, you are worried about the consequences of not getting it done.
 - A. True
 - B. False

10. Procrastinating the thing you delay is a problem how often?
- A. Almost always
 - B. Just some of the time
11. How do you eventually wind up completing the thing you procrastinate: What makes you do it?
- A. It becomes a crisis.
 - B. I do it for some kind of reward.
 - C. Someone yells/nags/guilty/begs me into doing it.
12. Does some reward, like money or food make you procrastinate less?
- A. No
 - B. Yes
13. Other than getting around to it, do you find the thing you procrastinate challenging?
- A. Yes
 - B. No
14. You get into arguments with someone about your procrastination.
- A. False
 - B. True
15. Does your procrastination let someone else down?
- A. No
 - B. Yes
16. If your procrastination lets someone down, does it seriously affect your relationship?
- A. No
 - B. Yes
17. You procrastinate more when you're alone and less when you have company?
- A. No
 - B. Yes

SCORE: **Total "A"+"C" answers:**_____ **Total "B" answers** _____

Procrastination Success Questions

18. Name a common chore or mundane task that you never procrastinate:

19. What keeps you from procrastinating it?

20. What else do you never procrastinate? (What do you always get done without delay?)

21. Is the thing you never procrastinate:

- A. a huge project
- B. a tiny mundane thing
- C. a small but key part of bigger thing

22. Name something you're proud of that you didn't procrastinate any part of at all:

23. What about that achievement kept you from procrastinating any part of it?

24. What are you proud of now, even though you procrastinated at the time?

25. What caused you to procrastinate it?

26. What caused you to stop procrastinating it?

27. What do you say to yourself about the things you always get done:

A. What do you say when you think of doing them?

B. What do you say to yourself just before you do them?

C. What do you say to yourself while you're doing them?

D. What do you say to yourself just after you do them?

28. What does doing it without delay get for you?

29. Does external reward contribute to you doing it without delay?

A. Yes

B. No

30. Who does this efficiency affect?

31. How does your doing it efficiently affect them?
