

PROCRASTINATION CHECKLIST

Directions: Check off the areas in which you tend to procrastinate.

Household

- | | |
|--|--|
| <input type="checkbox"/> day-to-day chores (e.g., dishes) | <input type="checkbox"/> large home or yard projects |
| <input type="checkbox"/> minor home projects or repairs | <input type="checkbox"/> car maintenance and repairs |
| <input type="checkbox"/> gardening and yard maintenance | <input type="checkbox"/> paying household bills |
| <input type="checkbox"/> calling a repairman | <input type="checkbox"/> grocery shopping |
| <input type="checkbox"/> returning defective or unwanted merchandise | <input type="checkbox"/> running errands for parents or spouse |
| | <input type="checkbox"/> other _____ |

Work

- | | |
|---|--|
| <input type="checkbox"/> being on time for work | <input type="checkbox"/> implementing creative ideas |
| <input type="checkbox"/> being on time for meetings | <input type="checkbox"/> billing clients |
| <input type="checkbox"/> making business phone calls | <input type="checkbox"/> asking for a raise or promotion |
| <input type="checkbox"/> making decisions | <input type="checkbox"/> doing paperwork |
| <input type="checkbox"/> arranging a meeting with your boss | <input type="checkbox"/> confronting someone about a problem |
| <input type="checkbox"/> writing reports | <input type="checkbox"/> complimenting someone |
| <input type="checkbox"/> keeping up with work-related reading | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> looking for a job, planning a career direction | |

School

- | | |
|---|---|
| <input type="checkbox"/> attending classes | <input type="checkbox"/> doing bureaucratic tasks (paying fees, etc.) |
| <input type="checkbox"/> doing homework assignments | <input type="checkbox"/> completing degree requirements |
| <input type="checkbox"/> keeping up with reading for classes | <input type="checkbox"/> writing papers |
| <input type="checkbox"/> completing a graduate program (finishing a thesis, taking oral or comprehensive exams, etc.) | <input type="checkbox"/> returning library books |
| <input type="checkbox"/> studying for tests | <input type="checkbox"/> talking with a teacher or advisor |
| <input type="checkbox"/> getting help on homework/papers/problems | <input type="checkbox"/> reading over notes (weekly) |
| | <input type="checkbox"/> other _____ |

Social Relationships

- | | |
|---|---|
| <input type="checkbox"/> calling friends | <input type="checkbox"/> giving gifts or sending cards |
| <input type="checkbox"/> asking someone for a date | <input type="checkbox"/> inviting people to your home |
| <input type="checkbox"/> being on time for social events | <input type="checkbox"/> asking for help or support |
| <input type="checkbox"/> visiting relatives | <input type="checkbox"/> confronting someone about a problem |
| <input type="checkbox"/> calling or writing/emailing relatives | <input type="checkbox"/> expressing appreciation |
| <input type="checkbox"/> planning recreational activities with other people | <input type="checkbox"/> telling someone you are angry or upset |
| <input type="checkbox"/> personal correspondence | <input type="checkbox"/> giving parties |
| <input type="checkbox"/> ending an unsatisfying relationship | <input type="checkbox"/> other _____ |

