

Procrastination Awareness Plan

Before starting, complete the **Where Do You Procrastinate** survey to fill in Part 1.

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?

1.
2.
3.
4.
5.

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

1.
2.
3.
4.
5.