

Name:

Date:

Section:

Score:



Procrastination



Procrastination is when you put off doing something that you need to do.

For the following task, you need to be honest about what you procrastinate on, why you procrastinate on these things, and how you plan to stop procrastinating

Write down three things you procrastinate on? The more specific you are, the better (example: I often procrastinate on my period 3 math homework).

1)

2)

3)

Why do you procrastinate on each of these things?



1)

2)

3)



How do you plan to stop procrastinating on each of these things?

Example: I plan to stop procrastinating on my 3rd period math homework by spending at least 30 minutes every evening on math. I will do this at 4 pm when my house is quiet..

1)

2)

3)

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