



Getting to the Root of Procrastination

1. What are you currently procrastinating on?

2. What are you choosing to do or where are you focusing your energy instead of on the activity you mentioned in question #1?

3. On a scale of 1-10 (10 being urgent) how big of a priority is this activity? _____

4. Have you put a deadline in place? If yes, when is it?

5. Choosing to do (answer to question #2) instead of (answer to question #1), does this feel empowering or disempowering?

6. List all the positive intentions for procrastinating? It may not seem like it, but if procrastination wanted something positive for you, what would that be?

7. What if anything might you have to let go of in order to take one step forward?
