

Procrastination Worksheet

1. What is it that you are yourself procrastinating on?

2. How do you feel about this particular task?

3. How do you feel while you are doing this task?

4. How do you feel while you're thinking about this task?

5. How does food help you when you are procrastinating?

6. What are your fears about doing this task?

7. What are your fears about not doing this task?
