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## Procrastination Self-Assessment

Scoring is out of 10. Focus on the word in italics and score. The lower the number the better you rate yourself  
Review in 4/6 week intervals.

I find it hard to *focus* and concentrate on a task  
i.e. if you find it hard to focus note a high score 8/9/10

I avoid *conflict* or unpleasant situations by doing something else

I complete *easier*, low priority jobs before the tough tasks

I *miss deadlines* because less important tasks have gotten in the way

I leave *difficult tasks* to the last minute and complete them under pressure

I *don't clear and re-organise* my working area before starting a major task

I spend time *chatting* in the workplace if I feel under pressure