Task Initiation & Procrastination Reflection Sheet

Instructions:

Answer the following to better understand your patterns:

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| What type of tasks do I tend to procrastinate on the most? |

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| What thoughts or feelings show up before I avoid them? |

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| What are 3 things I *can* do when I notice I’m procrastinating? |

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| How do I feel after I delay something? How do I feel when I just start? |