



A Writing Exercise Procrastinate Less



1. *Describe what you have procrastinated:*

When, where and how?

Can you think WHY you have procrastinated on this specific event? What would have happened if you did do it on time?

2. Can you forgive yourself for this? Is this something other people might also have procrastinated on?

3. Action Plan

What do you want to do next time?

Can you make a checklist?

Can you set the alarm or reminder?