

# Procrastination Survey

**Directions:** Each of the following statements concerns different aspects of procrastination. The survey questions are presented in both positive and negative directions. Your answer is on a four-point scale where 1 = definitely false, 2 = mostly false, 3 = somewhat true, 4 = definitely true. Circle the number that best describes where you stand on each item.

		Definitely False for Me	Mostly False for Me	Somewhat True for Me	Definitely true For Me
1	I put off activities of daily living, such as washing, cleaning, auto maintenance, etc.	1	2	3	4
2	I efficiently fulfill responsibilities.	1	2	3	4
3	When I'm unsure of an outcome, I'll put it off.	1	2	3	4
4	I have great ideas and plans that stay on the "drawing board".	1	2	3	4
5	I show up late for appointments.	1	2	3	4
6	I look for guarantees before I act.	1	2	3	4
7	I waste too much time.	1	2	3	4
8	When faced with something unpleasant, I tell myself "I'll get to it later".	1	2	3	4
9	I devise credible sounding explanations to excuse my delays.	1	2	3	4
10	I know there are personal changes that I need to make.	1	2	3	4
11	I expect more of myself than I deliver.	1	2	3	4
12	I stick to my priorities.	1	2	3	4
13	I'm not adequate enough to perform as I want.	1	2	3	4
14	I let work pile up.	1	2	3	4
15	I meet my objective before the deadline.	1	2	3	4
16	I promise myself "I'll finish later", then I break my promise.	1	2	3	4
17	I easily get sidetracked.	1	2	3	4
18	I wait to feel inspired before acting.	1	2	3	4
19	To be worthy, I must meet high standards.	1	2	3	4
20	I often start assignments at the last possible minute.	1	2	3	4
21	I am organized and directed in how I achieve major goals.	1	2	3	4
22	I tell myself, "I'll begin tomorrow".	1	2	3	4
23	I easily make decisions and stick to them.	1	2	3	4
24	I pay bills on time.	1	2	3	4
25	Even when I procrastinate, I'm very demanding of myself	1	2	3	4
26	My delays hinder others.	1	2	3	4
27	I can't seem to get places on time.	1	2	3	4
28	I am ready to kick my procrastination habit.	1	2	3	4
29	I daydream a lot.	1	2	3	4
30	I make great progress, then I slip back.	1	2	3	4
31	When I say "I'll do something", I get it done quickly.	1	2	3	4
32	I second-guess myself.	1	2	3	4
33	I am more likely to finish when others depend on me.	1	2	3	4
34	My goals are clear, measurable, and achievable.	1	2	3	4
35	I find ways to extend deadlines.	1	2	3	4
36	My "To-Do" list remains undone.	1	2	3	4
37	I'm afraid to make a mistake.	1	2	3	4

		Definitely False for Me	Mostly False for Me	Somewhat True for Me	Definitely true For Me
38	I feel overwhelmed with too many things to do.	1	2	3	4
39	If it's frustrating, I'll avoid it.	1	2	3	4
40	Time seems to "slip away".	1	2	3	4
41	Procrastination comes easily to me.	1	2	3	4
42	When faced with an unpleasant task, I'll do something else first.	1	2	3	4
43	I have bad habits I should break.	1	2	3	4
44	I don't tend to take care of my health.	1	2	3	4
45	I can't stand feeling hassled.	1	2	3	4
46	I don't exercise enough.	1	2	3	4
47	I make plans for getting things done efficiently.	1	2	3	4
48	I quickly face my personal problems.	1	2	3	4
49	I keep to my deadlines.	1	2	3	4
50	I am drifting through life.	1	2	3	4
51	I keep things tidy and in their place.	1	2	3	4
52	It may be important, but if I don't feel like doing it, I'll put it off.	1	2	3	4
53	Pushy people deserve to wait.	1	2	3	4
54	I put off making decisions.	1	2	3	4
55	I have the ability to stop procrastinating.	1	2	3	4
56	I procrastinate without thinking.	1	2	3	4
57	I get back at people by delaying them.	1	2	3	4
58	I feel overly stressed.	1	2	3	4
59	When it comes to procrastination, I feel like I am on a yo-yo.	1	2	3	4
60	I worry about what others think.	1	2	3	4
61	I wait until the "eleventh hour" (last possible moment) to begin a task.	1	2	3	4
62	I meet my responsibilities promptly.	1	2	3	4
63	I cram before exams.	1	2	3	4
64	I'm stressed by too much information.	1	2	3	4
65	I'm optimistic about my prospects for beating procrastination.	1	2	3	4
66	I hesitate in making decisions.	1	2	3	4
67	I inconvenience others when I delay.	1	2	3	4
68	I can't seem to get things done on time.	1	2	3	4
69	People expect more from me than I can deliver.	1	2	3	4
70	I think my future looks bright.	1	2	3	4
71	I fear failure.	1	2	3	4
72	People will accommodate me when I turn in things late.	1	2	3	4
73	My moods govern what I do.	1	2	3	4
74	I have trouble making up my mind.	1	2	3	4
75	I worry about what can go wrong.	1	2	3	4
76	I fall short of my standards.	1	2	3	4

## What Your Results Mean

Higher scores show an area of concern, a 3 or 4 rating on a survey question indicates a potential procrastination hot spot.

<i>Procrastination Patterns</i>		
<b>Behavioural Procrastination</b>	<b>4</b>	I have great ideas and plans that stay on the “drawing board”.
	<b>36</b>	My “To-Do” list remains undone.
<b>Deadline Procrastination</b>	<b>15</b>	I meet my objective before the deadline.
	<b>24</b>	I pay bills on time.
<b>Decision-Making Procrastination</b>	<b>32</b>	I second-guess myself.
	<b>41</b>	Procrastination comes easily to me.
	<b>54</b>	I put off making decisions.
<b>Fallback Pattern</b>	<b>74</b>	I have trouble making up my mind.
	<b>30</b>	I make great progress, then I slip back.
	<b>59</b>	When it comes to procrastination, I feel like I am on a yo-yo.
<b>Habitual Procrastination</b>	<b>40</b>	Time seems to “slip away”.
	<b>49</b>	I keep to my deadlines.
<b>Health Procrastination</b>	<b>43</b>	I have bad habits I should break.
	<b>46</b>	I don’t exercise enough.
	<b>49</b>	I keep to my deadlines.
<b>Hindrance Procrastination</b>	<b>58</b>	I feel overly stressed.
	<b>53</b>	Pushy people deserve to wait.
	<b>57</b>	I get back at people by delaying them.
<b>Lateness Procrastination</b>	<b>5</b>	I show up late for appointments.
	<b>27</b>	I can’t seem to get places on time.
<b>Maintenance Procrastination</b>	<b>1</b>	I put off activities of daily living, such as washing, cleaning, auto maintenance, etc.
	<b>14</b>	I let work pile up.
<b>Procrastination and Organization</b>	<b>21</b>	I am organized and directed in how I achieve major goals.
	<b>34</b>	My goals are clear, measurable, and achievable.
	<b>47</b>	I make plans for getting things done efficiently.
	<b>51</b>	I keep things tidy and in their place.
<b>Personal Procrastination</b>	<b>10</b>	I know there are personal changes that I need to make.
	<b>43</b>	I have bad habits I should break.
	<b>48</b>	I quickly face my personal problems.
	<b>50</b>	I am drifting through life.
<b>Promissory Note Procrastination</b>	<b>16</b>	I promise myself “I’ll finish later”, then I break my promise.
	<b>31</b>	When I say “I’ll do something”, I get it done quickly.
<b>Social Procrastination</b>	<b>26</b>	My delays hinder others.
	<b>33</b>	I am more likely to finish when others depend on me.
	<b>67</b>	I inconvenience others when I delay.
	<b>72</b>	People will accommodate me when I turn in things late.
<b>General Procrastination</b>	<b>2</b>	I efficiently fulfill responsibilities.
	<b>7</b>	I waste too much time.
	<b>11</b>	I expect more of myself than I deliver.
	<b>12</b>	I stick to my priorities.
	<b>20</b>	I often start assignments at the last possible minute.

	35	I find ways to extend deadlines.
	52	It may be important, but if I don't feel like doing it, I'll put it off.
	60	I worry about what others think.
	68	I can't seem to get things done on time.

## *Procrastination Triggers*

Things that may lead to procrastination

<b>Discomfort Dodging</b>	38	I feel overwhelmed with too many things to do.
	39	If it's frustrating, I'll avoid it.
	42	When faced with an unpleasant task, I'll do something else first.
	45	I can't stand feeling hassled.
<b>Fear of Failure</b>	6	I look for guarantees before I act.
	37	I'm afraid to make a mistake.
	69	People expect more from me than I can deliver.
	71	I fear failure.
<b>Mood</b>	33	I am more likely to finish when others depend on me.
	73	My moods govern what I do.
<b>Perfectionism</b>	11	I expect more of myself than I deliver.
	19	To be worthy, I must meet high standards.
	25	Even when I procrastinate, I'm very demanding of myself
	76	I fall short of my standards.
<b>Diversions / Avoidance</b>	8	When faced with something unpleasant, I tell myself "I'll get to it later".
	17	I easily get sidetracked.
	18	I wait to feel inspired before acting.
	22	I tell myself, "I'll begin tomorrow".
<b>Self-Doubts and Worth</b>	3	When I'm unsure of an outcome, I'll put it off.
	13	I'm not adequate enough to perform as I want.
	32	I second-guess myself.
	60	I worry about what others think.

## *Habits of People Who Tend to Not Procrastinate*

- I efficiently fulfill responsibilities.
- I stick to my priorities.
- I am organized and directed in how I achieve major goals.
- I easily make decisions and stick to them.
- I pay bills on time.
- When I say "I'll do something", I get it done quickly.
- My goals are clear, measurable, and achievable.
- I make plans for getting things done efficiently.
- I quickly face my personal problems.
- I keep to my schedules and meet my deadlines.
- I keep things tidy and in their place.
- I meet my responsibilities promptly.

### *Change Readiness:*

People Who are Ready to Change, Think This Way...

- I know there are personal changes that I need to make.
- I have the ability to stop procrastinating.
- I'm optimistic about my prospects for beating procrastination.
- I think my future looks bright.
- I am ready to kick my procrastination habit.
- I have bad habits I should break.