

# Are You A Procrastinator?

	Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree
I usually find reasons for not starting immediately on a difficult assignment.				
I know what I have to do but frequently find that I have done something else instead.				
I carry my books and work assignments with me to various places but do not open them.				
I work best at the last minute, when the pressure is really on.				
There are too many interruptions that interfere with accomplishing my top priorities.				
I avoid forthright answers when pressed for an unpleasant decision.				
I take half measures which will avoid or delay unpleasant or difficult actions.				
I have been too tired, nervous, or upset to do the difficult task that faces me.				
I like to get my room in a good order before starting a difficult study task.				
I find myself waiting for inspirations before becoming involved on most important study or work tasks.				

\_\_\_\_\_ X4    \_\_\_\_\_ X3    \_\_\_\_\_ X2    \_\_\_\_\_ X1

If you scored **30 or higher**, you have a serious procrastination problem. We are here to help! Attend a LSS time management workshop and/or sign up for one-on-one coaching sessions.