

Want to know how much of a procrastinator are you?

Assess your level of procrastination today!

Anti-Procrastination Quiz

Place a check (✓) mark on the box corresponding to your answer.

1. How often do you think you procrastinate?

- Very often
- Often
- Sometimes
- Rarely
- Never

2. I begin new tasks or projects, but I don't finish them.

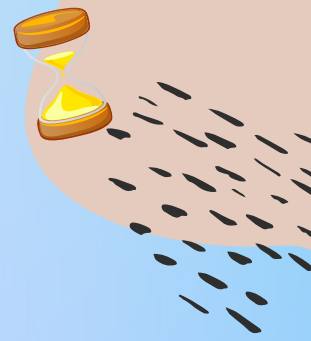
- Very often
- Often
- Sometimes
- Rarely
- Never

3. At the end of the day, I am stressed about the goals I did not accomplish that day.

- Very often
- Often
- Sometimes
- Rarely
- Never

4. I delay work until the last minute, even when it has an important deadline.

- Very often
- Often
- Sometimes
- Rarely
- Never



5. I make decisions quickly when I have adequate information.

- Very often
- Often
- Sometimes
- Rarely
- Never

6. I get distracted easily.

- Very often
- Often
- Sometimes
- Rarely
- Never

7. I usually finish my work ahead of the deadline.

- Very often
- Often
- Sometimes
- Rarely
- Never

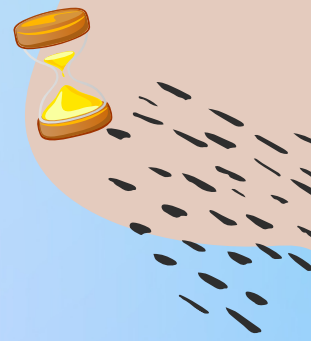
8. I leave tasks I don't enjoy until later.

- Very often
- Often
- Sometimes
- Rarely
- Never

9. If I find a task difficult, I avoid doing it.

- Very often
- Often
- Sometimes
- Rarely
- Never





10. I am on time for appointments and meetings.

- Very often
- Often
- Sometimes
- Rarely
- Never

11. I have to hurriedly complete assignments to meet deadlines.

- Very often
- Often
- Sometimes
- Rarely
- Never

12. I postpone jobs I find boring.

- Very often
- Often
- Sometimes
- Rarely
- Never

13. I prefer to work under pressure.

- Very often
- Often
- Sometimes
- Rarely
- Never

14. When preparing for a trip, I do so well in advance.

- Very often
- Often
- Sometimes
- Rarely
- Never

Note: After taking the quiz and seeing the results from this self-analysis, **book an appointment with a procrastination coach** and begin reaping the benefits.