It is extremely rare for anyone person to procrastinate in all areas of life. Most people are selective in their procrastination. The following checklist had been adapted from Burka and Yuen (1983). Mark those areas where procrastination seems to affect you most.

PERSONAL			
	Eating well		Health care (doctors' visits, den-
	Exercising		tist, etc.)
	Getting enough sleep		Balancing bank account
	Bathing and hygiene		Relaxation and hobbies
S	CHOOL/COLLEGE		
	Going to class		Finding a study group
	Doing your reading		Talking to an instructor
	Studying for tests		Making an advising appointment
	Doing homework		Registering for next term
	Writing Papers		Going to the library
	Starting long term projects		
S	SHOPPING/HOME/MAINTENANCE		
	Paying bills		Cleaning
	Finding a new place to live		Grocery shopping
	Getting financial aid taken care of (FAFSA, forms, etc.)		Doing dishes Others:
	Doing laundry		Circio.
S	OCIAL/RELATIONSHIPS		
	Talking with friends		Ending a relationship
	Writing email responses		Calling relatives
	Going out/socializing		Others:
	Asking someone out on a date		
V	VORK		
	Going to work		
	Preparing a resume		
	Others:		

What areas in your life tend to be most affected by procrastination? _____

Adapted from: Burka, Jane B., & Yuen, Lenora M. (1984). *Procrastination: Why You Do It, What To Do About It*. Reading, Mass. (U.A.): Addison-Wesley.

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