Procrastination Awareness Plan

STEP 2: Identify the ways you procrastinate (what you do instead of the work you need to complete)
STEP 3: Brainstorm ways to avoid and interrupt procrastination.
STEP 4: Plan for specific actions that might work for you!

PART 1: Identifying Avoidance Areas
When you procrastinate, what do you avoid doing?

1. 
2. 
3. 
4. 
5. 

PART 2: Identifying Procrastination Behaviors
How do you procrastinate? That is, what do you do instead of the work you need to complete?

1. 
2. 
3. 
4. 
5. 

PART 3: Planning for Success
What can you do to avoid procrastination? When you notice yourself procrastinating, what action can you take to re-focus yourself on the task you need to complete?

1. 
2. 
3. 
4. 
5.

Brought to you by the
Academic Success Center
success.oregonstate.edu/learning