

What are you procrastinating about? Write it down here:

List the advantages and disadvantages of putting it off until another day

Advantages	Disadvantages

Assign advantages value _____ Assign disadvantages value _____

Outcome: Weigh the advantages of procrastinating against the disadvantages on a 100 point scale, record the score on each side

List the advantages and disadvantages of starting today

Advantages	Disadvantages

Assign advantages value _____ Assign disadvantages value _____

Outcome: Weigh the advantages of procrastinating against the disadvantages on a 100 point scale, record the score on each side