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| **Are You a Procrastinator?**A close up of a clock  Description automatically generatedThis set of questions is based on the Procrastination Scale created by Professor Clarry Lay of York University, Canada, and is being presented with his kind permission. The General Procrastination Scale is a research tool and not intended to be used for diagnosis. You can, however, get a general sense of your tendency to procrastinate. Add together your scores from questions 1, 2, 4, 7, 9, 12, 16, 12, 19, and 22. If the total comes to between 40 and 50 points, procrastination may be limiting your success and happiness.  |
|  | **Not like me at all** | **Not like me** | **Neither like me or not** | **Like me** | **Very like me** |
|  | 1 Point | 2 Points | 3 Points | 4 Points | 5 Points |
| 1. I often find myself performing tasks that I had intended to do days before.
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| 1. I often miss concerts, sporting events, or the like, because I don't get around to buying tickets on time.
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| 1. When it is time to get up in the morning, I most often get right out of bed.
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| 1. A letter may sit for days after I write it before mailing it.
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| 1. When planning a meeting, I make the necessary arrangements well in advance.
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| 1. I generally return emails and phone calls promptly.
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| 1. I find that jobs often don’t get done for days, even when they require little else except sitting down and doing them.
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| 1. Once I have the information I need, I usually make decisions as soon as possible.
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| 1. When traveling, I usually have to rush in preparing to arrive at the airport or station at the appropriate time.
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| 1. If a bill for a small amount comes, I pay it right away.
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| 1. I usually return an "RSVP" request very shortly after receiving the invitation.
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| 1. I always seem to end up shopping for birthday or Christmas gifts at the last minute.
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| 1. When I have something difficult to do, I tell myself that it’s better to wait to do it until I’m feeling more inspired.
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| 1. I usually have to rush to complete tasks on time.
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| 1. I usually accomplish all the things I plan to do in a day.
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| 1. I usually start a task I’m given shortly after I’m given it.
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| 1. When deadlines are approaching, I often waste time by doing other things.
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| 1. I often have a task finished sooner than necessary.
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| 1. When preparing for a meeting, I am seldom caught having to do something at the last minute.
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| 1. I often delay starting tasks that I have to do.
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| 1. When faced with a huge task, I figure out what the first step is so that I can get going.
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| 1. I frequently say, “I’ll do it tomorrow.”
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| 1. I usually take care of all the tasks I have to do before I settle down and relax for the evening.
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