Procrastination: excuses and replies

The things we tell ourselves to let ourselves off, and what to say back.

Name _____ Date _____

Most procrastination starts with a thought that makes putting it off sound sensible.

The excuse	A reply
"I am not in the mood."	"I do not have to be. Mood usually follows once I start."
"I work better under pressure."	"I work faster under pressure. It is not better, and it is stressful."
"I have plenty of time."	"Starting now gives me room for things to go wrong."
"I need to do X first."	"Is that needed, or is it a way of avoiding?"
"It has to be done properly, and I do not have a clear run."	"Twenty rough minutes now beats a perfect afternoon that never comes."
"I am too tired."	"I can do five minutes tired."
"I do not know where to start."	"I will start anywhere and tidy it up later."

My excuse	My reply

The task I am putting off most right now

The first two-minute step, and when I will do it

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