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FORM 10.8

Anti-Procrastination

Directions: Ask yourself the questions from the left-hand column and fill in your responses in the right-hand column.

Questions to ask yourself	Your response
What is the task I really need to get done?	
What are the costs and benefits for me in doing this?	Costs: Benefits:
How will I feel after I get this done?	
Am I exaggerating how difficult or unpleasant this will be?	
What can I reward myself with if I get it done?	
Schedule a time and palce for this task.	
What was the actual outcome?	