Identify Your Favorite Procrastination Beliefs

The following is a list of common beliefs and misconceptions of procrastinators (Bliss, 1983). Identify your top three cop-outs and write a challenge statement for each of them.

1. It’s not due yet.
2. I work better under pressure.
3. It’s too early in the day.
4. It’s too late in the day.
5. It’s difficult.
6. I’m too tired.
7. I don’t feel like doing it right now.
8. I have a headache.
9. I really mean to do it, but I keep forgetting.
10. I have so much to do, I don’t know where to start.
11. I’m too busy right now.
12. It’s a boring job.
13. I need to sleep on it.
14. I don’t really know how to do it.
15. There’s a good TV program on.
16. As soon as I start, somebody will probably interrupt.
17. I don’t have a good place to study.
18. The weather is lousy.
19. It’s too nice of a day to spend doing that.
20. Other people need me, so I will just do this assignment later.

Example: I work better under pressure.

Challenge Statement: “I fool myself in thinking that I do a good job when I wait until the last minute. The truth is I rush to find all the material I need, so I don’t have time to review the draft and make necessary changes. My main concern is finishing the task rather than determining how I can do the best job.”

Cop-out #1:

Challenge Statement:

Cop-out #2:

Challenge Statement:

Cop-out #3:

Challenge Statement:

What strategies can you implement in your daily life to avoid procrastination?