



PROCRASTINATION LOG

I'm procrastinating about _____ because _____.

Just because I've procrastinated **does not** mean I'm a failure!

| Task or Activity Describe the task or activity you need to complete. | Date & Time | Procrastination Details When did you start procrastinating? What were you doing instead of the task? Why did you choose to delay the task? | Triggers What triggered your procrastination? (e.g., boredom, anxiety, lack of motivation, perfectionism) | Consequences How did procrastination impact you? (increased stress, missed deadlines, guilt) | Reflection What thoughts or emotions did you experience during procrastination? What could you have done differently to avoid procrastination? |
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