

Technique to Help Prevent Procrastination

I am delaying on *reason* because of *argument*.

| Reasons for Delay | Arguments Against Delay |
|-------------------|-------------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |

Based on the *Procrastination* by CalPoly
Website: <http://sas.calpoly.edu/asc/ssl/procrastination.html>