

# What is STOPPING YOU?

I procrastinate because:	One action I can take:
I don't feel confident that I have the ability needed to accomplish a task in a given amount of time	
I believe that I "work better under pressure"	
I don't believe in my own abilities	
Others have set unrealistic expectations of me	
I am avoiding a challenging goal	
I am over-scheduled (too many other things to do)	
I struggle with time management	
I have a lowered sense of value, worth, or ownership in the process	
I only feel motivated by a need for extrinsic reward (I'll do it if I get ....)	
I feel very stressed or pressured	
I haven't recognized or acknowledged a repeated pattern of procrastination	
It is more exciting for me to be doing things at the last minute	
The task is very difficult	
I don't have the right skills to perform the task	
I am scared to fail	
I have a sense of needing to be perfect	
I need to be in control	