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**Perfectionist** - I find it difficult to begin a task because the thought of getting every detail perfect is overwhelming; Once I've started a task, finishing it can be hard as I want every detail in place.



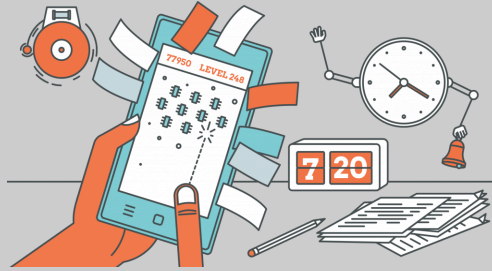
**What are some ideas of ways in which you can combat this type of procrastination?**

**Dreamer** - Abstract thoughts are more pleasant to think about than the real-life actions that need to be taken; I find it difficult to plan details and/or to follow through with a task.



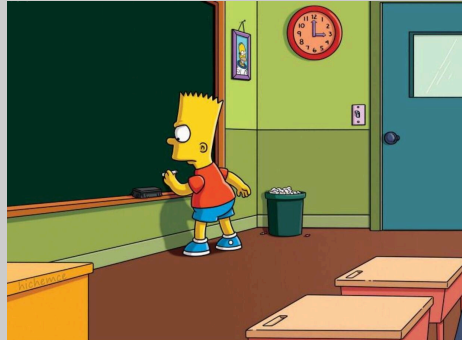
**What are some ideas of ways in which you can combat this type of procrastination?**

**Crisis-Maker** - I feel that I work best under pressure; I enjoy the rush of working under a deadline on a task that might otherwise seem boring.



**What are some ideas of ways in which you can combat this type of procrastination?**

**Defier** - many tasks seem like an unfair or unnecessary use of my time and energy; I prefer to maintain control over situations and retain a sense of individuality.



**What are some ideas of ways in which you can combat this type of procrastination?**

**Over-doer** - I find it difficult to prioritize and say no to other demands on my time; Sometimes I take on too much and then procrastinate on one task for the sake of completing other tasks.



**What are some ideas of ways in which you can combat this type of procrastination?**

**Worrier** - I need security, and I ask myself "what if" and stress over different scenarios a lot. Many tasks seem risky or unnecessary; I prefer to stay in my comfort zone and avoid change.



**What are some ideas of ways in which you can combat this type of procrastination?**

## 6 Types of Procrastinators - Recommendations

1. **Perfectionist** - Focus on what's realistic, rather than what's ideal; work toward excellence, not perfection; seek support from others; make daily to-do lists with small tasks; reward yourself for setting and achieving realistic goals; admit that you choose what you do with your time
2. **Dreamer** - Make your dream into a goal by defining what, when, where, who, why and how you will achieve it; keep a to-do list and assign yourself daily tasks; schedule time for creative daydreaming, and use an alarm or timer to remind you to get to work

## 6 Types of Procrastinators - Recommendations (cont')

3. **Crisis-maker** - Strive for moderation - avoid dramatic language; Identify motivators for a task other than stress; create deadlines for yourself to use your natural adrenaline rush to complete tasks sooner; engage in other activities that give you an adrenaline rush.
4. **Defier** - Rank your priorities in life and devote your energy accordingly; be aware when you are choosing defiance; consider whether long-term regrets are worth short-term pleasure; choose one task every week that you will complete in your own way to meet your need for individuality.

## 6 Types of Procrastinators - Recommendations (cont')

5. **Over-doer** - Recognize and respect personal limitations; rank your priorities in life and make choices that align with that list; incorporate time to relax into your schedule; learn to say 'no' when appropriate; make a daily to-do list based on true priorities
6. **Worrier** - Learn to make realistic judgments about the time and effort required to complete a task, and ask others for help if needed; don't allow 'what if' thinking to take you out of action; consider the aspects of a project that are exciting, not just the challenges; every day, do at least part of one thing you've been putting off