

Procrastination Pros and Cons List

Think of a task that you have been putting off. Write it down below, then complete the chart that follows.

PROS	CONS
<p>List all of the advantages of procrastinating on this task. <i>Some typical advantages are having more time to do something more relaxing, having the task out of your mind so it is less upsetting, not having to face possible failure at the task, not having to give in to others, and not having to do something that is difficult or boring.</i></p>	<p>List all of the disadvantages of procrastinating. <i>For example, feeling guilty, not being able to fully enjoy what you are doing while putting it off, running short of time to do a good job on it, and having to listen to people nag you about not doing it.</i></p>

Once you have listed all the pros and cons to procrastinating on this task, you are in a better position to decide if the task is something you want to own or not.