

PROCRASTINATION WORKSHEET

IDENTIFYING INHIBITORS AND SOLUTIONS

INHIBITOR	TYPE —	SOLUTION
	NEED-BASED	
	WORK-BASED	
	FEAR-BASED	
INHIBITOR	TYPE	SOLUTION
	NEED-BASED	
	WORK-BASED	
	FEAR-BASED	
INHIBITOR	TYPE —	SOLUTION
	NEED-BASED	
	WORK-BASED	
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PROCRASTINATION WORKSHEET CREATE AN ACTION PLAN!

WHAT IS YOUR ACTION PLAN?	