**iCan Overcome Procrastination**

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| **What do you procrastinate about (what do you put off)?** |
| **What are your Procrastination Activities (what do you do instead)?** |
| **What are the consequences of your procrastination?**  **Positive:**  **Negative:** |
| **What are your unhelpful rules/assumptions that encourage you to procrastinate?** |
| **What is the unhelpful rule/assumption?**  **Where did it come from?**  **In what ways is it unreasonable, unfair, unhelpful?**  **What is the negative consequence of having this rule or assumption?**  **What is an alternative and more helpful rule or assumption?** |
| **What strategies might you use to help you overcome procrastination?** |