BENEFITS OF OVERCOMING PROCRASTINATION

Check off the items below that apply to your situation and add your own points below.

___ More **time** – Procrastinating forces wasting time trying to fix situations that have gone awry from lateness, and trying to catch-up backlogged tasks.

___ More **self respect** – Procrastinating gnaws away at self-esteem. Becoming more functional reinforces positive self images at many levels.

___ Greater **respect from peers** – Even people who have their own procrastination problems often judge others as worse.

___ Setting a **better example** – Children, students, and associates often imitate what they see, no matter what is said. If the model shown is functionality and competence, they will be supported in learning these behaviors also.

___ **Better working / living environment** – Your home will be better kept, allowing relaxation and harmony.

___ Support for **creativity** – Overcoming procrastination allows greater relaxation, which fosters sensitivity, which fosters creativity.

___ **Increased energy** – Becoming organized often produces a burst of energy, ideas, enthusiasm and resolve.

Other benefits of overcoming procrastination _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____