

Instructions: Complete the following procrastination self-reflection.

<p>Describe an activity/task that you have delayed in completing.</p>	
<p>Describe what you felt when you first acted to delay the activity/task.</p>	
<p>Describe what you told yourself to continue delaying the activity/task.</p>	
<p>Describe the outcomes of delaying the activity/task. In other words, how did it affect you at an academic and/or personal level.</p>	
<p>Describe the actions you will take to break this cycle of procrastination.</p>	