

## Procrastination Quotient

Note that questions 2, 5, and 8 are scored in the opposite direction from the other items.

<i>Very Seldom or Not True of Me</i>	<i>Seldom True of Me</i>	<i>Sometimes True of Me</i>	<i>Often True of Me</i>	<i>Very Often True, or True of Me</i>
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						Score
1. I delay tasks beyond what is reasonable.	1	2	3	4	5	_____
2. I do everything when I believe it needs to be done.	5	4	3	2	1	_____
3. I often regret not getting to tasks sooner.	1	2	3	4	5	_____
4. There are aspects of my life that I put off, though I know I shouldn't.	1	2	3	4	5	_____
5. If there is something I should do, I get to it before attending to lesser tasks.	5	4	3	2	1	_____
6. I put things off so long that my well-being or efficiency unnecessarily suffers.	1	2	3	4	5	_____
7. At the end of the day, I know I could have spent the time better.	1	2	3	4	5	_____
8. I spend my time wisely.	5	4	3	2	1	_____
9. When I should be doing one thing, I will do another.	1	2	3	4	5	_____
Total Score						_____

Score	Compared to Everyone Else	
19 or less	You are in the bottom 10%	Your mantra is “first-things-first”
20–23	You are in the bottom 10–25%	
24–31	You are in the middle 50%	Average procrastinator
32–36	You are in the top 10–25%	
37 or more	You are in the top 10%	“Tomorrow” is your middle name