Procrastination Quotient

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

<table>
<thead>
<tr>
<th>Very Seldom or Not True of Me</th>
<th>Seldom True of Me</th>
<th>Sometimes True of Me</th>
<th>Often True of Me</th>
<th>Very Often True of Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score</td>
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1. I delay tasks beyond what is reasonable.
   
   
   
   
   
   
   
   
   
   

2. I do everything when I believe it needs to be done.
   
   
   
   

3. I often regret not getting to tasks sooner.
   
   
   
   
   

4. There are aspects of my life that I put off, though I know I shouldn't.
   
   
   
   

5. If there is something I should do, I get to it before attending to lesser tasks.
   
   
   
   

6. I put things off so long that my well-being or efficiency unnecessarily suffers.
   
   
   
   

7. At the end of the day, I know I could have spent the time better.
   
   
   
   

8. I spend my time wisely.
   
   
   
   

9. When I should be doing one thing, I will do another.
   
   
   
   

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