

Name _____

The Psychology of Procrastination and How to Overcome It

Multiple Choice Questions

1. Why do people often procrastinate?
 - a) Because they love doing their tasks.
 - b) Because tasks are too easy.
 - c) Because tasks can be too hard or boring.
 - d) Because they want to fail.

2. What is the "Instant Gratification Monkey" in the battle against procrastination?
 - a) A cute pet monkey.
 - b) The part of the brain that loves challenges.
 - c) The part of the brain that wants instant fun.
 - d) A symbol for long-term planning.

3. What's a good strategy to beat procrastination?
 - a) Make tasks bigger and scarier.
 - b) Break big tasks into smaller steps.
 - c) Never set a timer.
 - d) Avoid rewards.

4. How can setting a timer help with procrastination?
 - a) It makes tasks harder to complete.
 - b) It tricks your brain into thinking time is running out.
 - c) It prevents you from taking breaks.
 - d) It's a distraction.

5. What should you do when you finish a task to overcome procrastination?
 - a) Start another task immediately.
 - b) Reward yourself in some way.
 - c) Feel guilty about it.
 - d) Avoid celebrating.

