Name _____

The Psychology of Procrastination and How to Overcome It

Short Answer

1. Give one reason why people procrastinate.

2. What does the "Instant Gratification Monkey" represent in the battle against procrastination?

3. Explain one strategy to overcome procrastination.

4. How can setting a timer help you with your tasks?

5. What should you do when you finish a task to beat procrastination?

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