Name _____

The Psychology of Procrastination and How to Overcome It

Open-Ended Response Questions

1. Can you share a personal example of a time when you procrastinated and why?

2. Describe a situation where the Instant Gratification Monkey won in your life, and what happened as a result.

3. Think of a big task you need to do. How could you break it into smaller steps?

4. Share a reward you would give yourself for completing a challenging task and why it's motivating for you.

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