

Name _____

Beat the Clock: Overcoming Procrastination

Open-Ended Response Questions

1. Can you share a personal experience when setting clear goals helped you avoid procrastination and achieve a task?
2. What are some common distractions you face while trying to work or study, and how can you minimize them?
3. Describe a situation where seeking support from someone (like a friend or family member) helped you stay accountable and overcome procrastination.
4. How do you think developing the skill of overcoming procrastination can benefit you in the future?

