

THE PROCRASTINATION EQUATION

How to Stop Putting Things Off
and Start Getting Stuff Done

PIERS STEEL, PhD

FIGURE 1.1

	VERY SELDOM OR NOT TRUE OF ME	SELDOM TRUE OF ME	SOMETIMES TRUE OF ME	OFTEN TRUE OF ME	VERY OFTEN TRUE OR TRUE OF ME
1.	I delay tasks beyond what is reasonable.				
	1	2	3	4	5
2.	I do everything when I believe it needs to be done.				
	5	4	3	2	1
3.	I often regret not getting to tasks sooner.				
	1	2	3	4	5
4.	There are aspects of my life that I put off, though I know I shouldn't.				
	1	2	3	4	5
5.	If there is something I should do, I get to it before attending to lesser tasks.				
	5	4	3	2	1
6.	I put things off so long that my well-being or efficiency unnecessarily suffers.				
	1	2	3	4	5
7.	At the end of the day, I know I could have spent the time better.				
	1	2	3	4	5
8.	I spend my time wisely.				
	5	4	3	2	1
9.	When I should be doing one thing, I will do another.				
	1	2	3	4	5

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

FIGURE 2.1

	VERY SELDOM OR NOT TRUE OF ME	SELDOM TRUE OF ME	SOMETIMES TRUE OF ME	OFTEN TRUE OF ME	VERY OFTEN TRUE OR TRUE OF ME
1.					
	1	2	3	4	5
2.					
	1	2	3	4	5
3.					
	1	2	3	4	5
4.					
	1	2	3	4	5
5.					
	1	2	3	4	5
6.					
	1	2	3	4	5
7.					
	1	2	3	4	5
8.					
	1	2	3	4	5
9.					
	1	2	3	4	5
10.					
	1	2	3	4	5
11.					
	1	2	3	4	5
12.					
	1	2	3	4	5
13.					
	1	2	3	4	5

FIGURE 2.1 (CONTINUED)

	VERY SELDOM OR NOT TRUE OF ME	SELDOM TRUE OF ME	SOMETIMES TRUE OF ME	OFTEN TRUE OF ME	VERY OFTEN TRUE OR TRUE OF ME
14.					
	1	2	3	4	5
15.					
	1	2	3	4	5
16.					
	1	2	3	4	5
17.					
	1	2	3	4	5
18.					
	1	2	3	4	5
19.					
	1	2	3	4	5
20.					
	1	2	3	4	5
21.					
	1	2	3	4	5
22.					
	1	2	3	4	5
23.					
	1	2	3	4	5
24.					
	1	2	3	4	5

.....

To score, add up your answers to each of the following questions:

$$\text{Eddie's Scale} = 1 + 4 + 7 + 10 + 13 + 16 + 19 + 22 =$$

$$\text{Valerie's Scale} = 2 + 5 + 8 + 11 + 14 + 17 + 20 + 23 =$$

$$\text{Tom's Scale} = 3 + 6 + 9 + 12 + 15 + 18 + 21 + 24 =$$

FIGURE 2.2

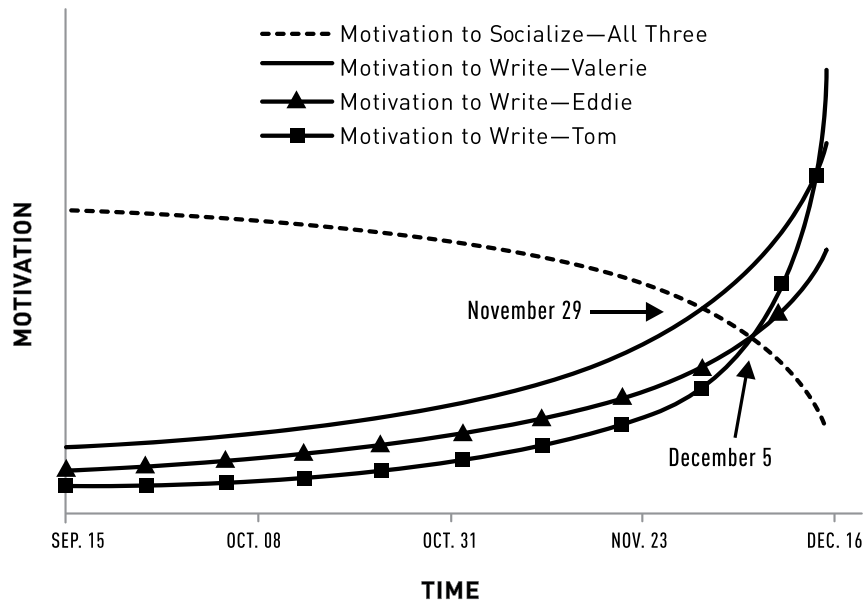


FIGURE 2.3

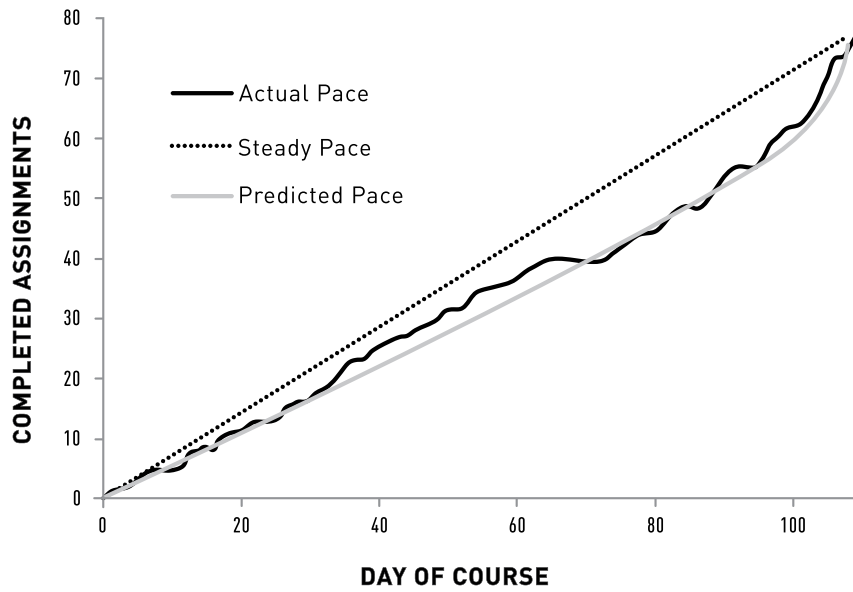


FIGURE 4.1

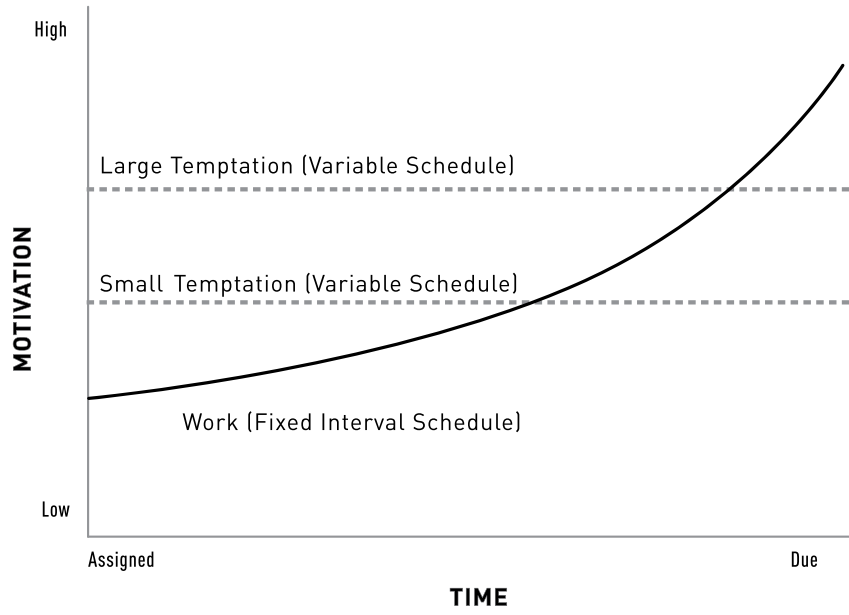


FIGURE 5.1

TWELVE MAJOR LIFE DOMAINS	AVERAGE PROCRASTINATION (1 TO 5)	A TOP THREE PROBLEM
1. HEALTH: exercise, diet, avoiding or treating illness (e.g., "Procrastinating about going to the gym, about going on a diet")	3.4	42.2%
2. CAREER: jobs, employment, earning a living (e.g., "Procrastinating about getting a better job, about getting a raise")	3.3	56.8%
3. EDUCATION: school, studying, getting good grades (e.g., "Procrastinating about studying for an exam, about getting a degree")	3.3	32.9%
4. COMMUNITY: volunteer work, political activism (e.g., "Procrastinating about helping others, about volunteering your time")	3.2	12.1%
5. ROMANCE: love, sex, dating, marriage (e.g., "Procrastinating about asking someone out, about ending a relationship")	3.0	24.0%
6. FINANCE: decisions about money (e.g., "Procrastinating about paying your bills, about saving for retirement or a big purchase")	2.9	35.9%
7. SELF: improving oneself in terms of abilities, attitudes, behaviors (e.g., "Procrastinating about reading a self-help book, about changing who you are")	2.9	29.6%
8. FRIENDS: interactions with close others (e.g., "Procrastinating about spending more time with your friends, about having them over")	2.9	23.5%
9. FAMILY: interactions with parents and siblings (e.g., "Procrastinating about talking more to your mom, about having dinner with your parents")	2.7	18.9%
10. LEISURE: sports, recreation, hobbies (e.g., "Procrastinating about joining a sports team, about going on a trip")	2.7	11.4%
11. SPIRITUALITY: religion, philosophy, the meaning of life (e.g., "Procrastinating about examining your life, about going to church/temple/mosque")	2.5	8.5%
12. PARENTING: interactions with offspring (e.g., "Procrastinating about spending time with the kids, about having a family vacation")	2.3	4.1%

FIGURE 6.1

ORGANIZATIONAL TEAM PROCRASTINATION

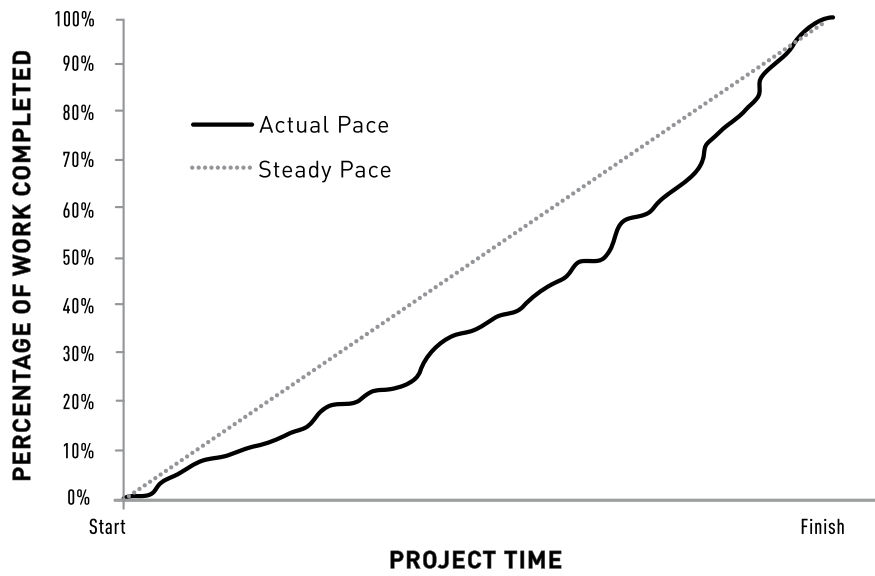


FIGURE 6.2

CONGRESSIONAL PROCRASTINATION

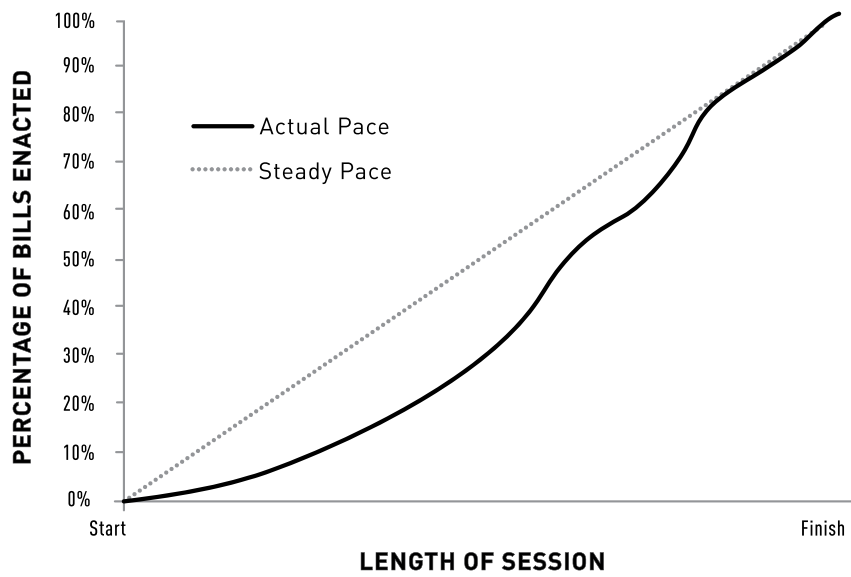


FIGURE 7.1

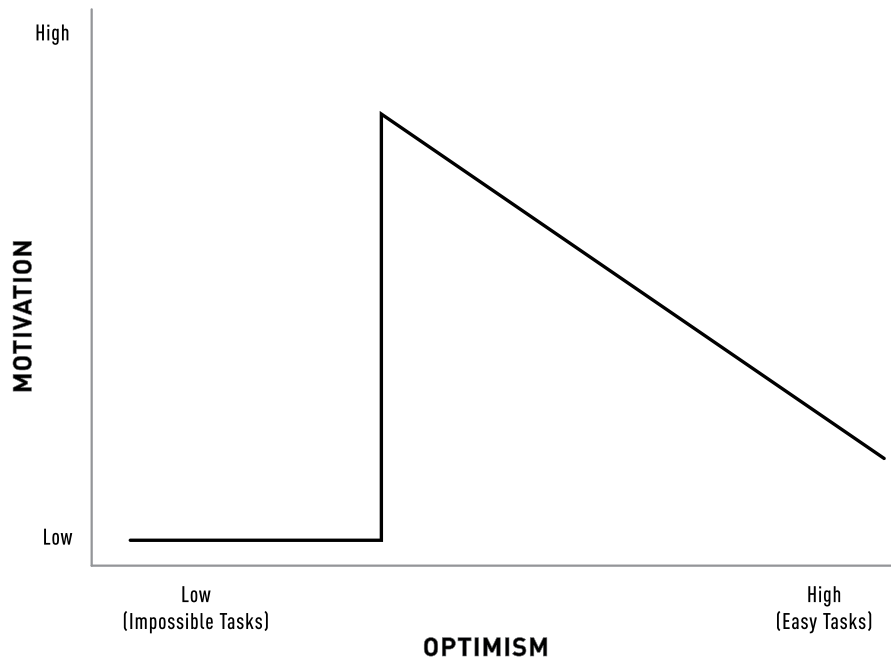


FIGURE 8.1

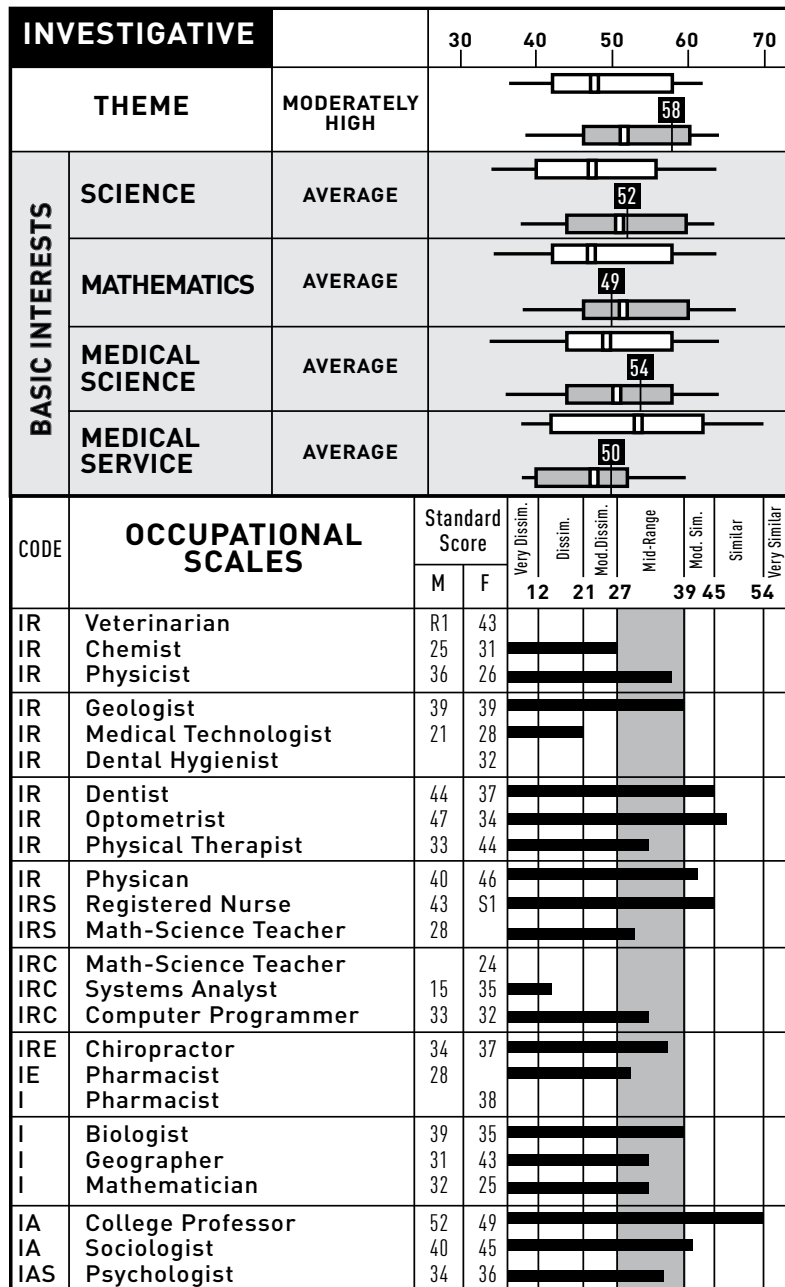


FIGURE 9.1

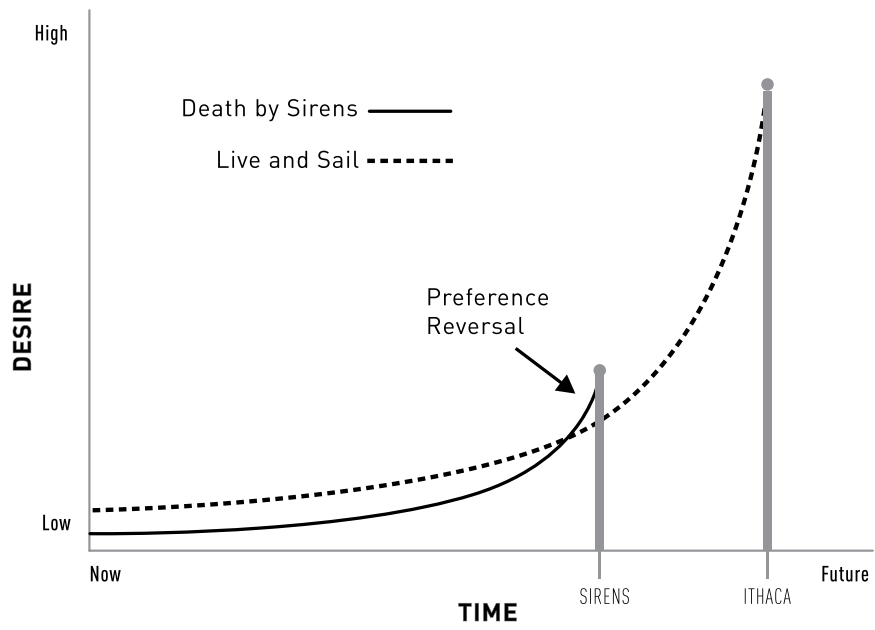


FIGURE 9.2

