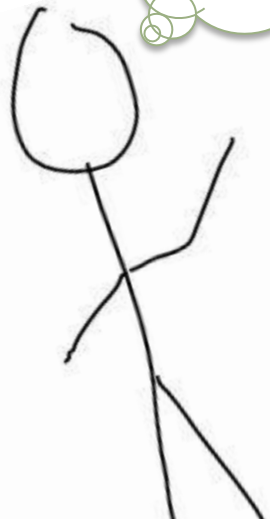


# Recognizing Procrastination

*You're probably procrastinating if you...*



Hmmmm, I should really cut my nails again.

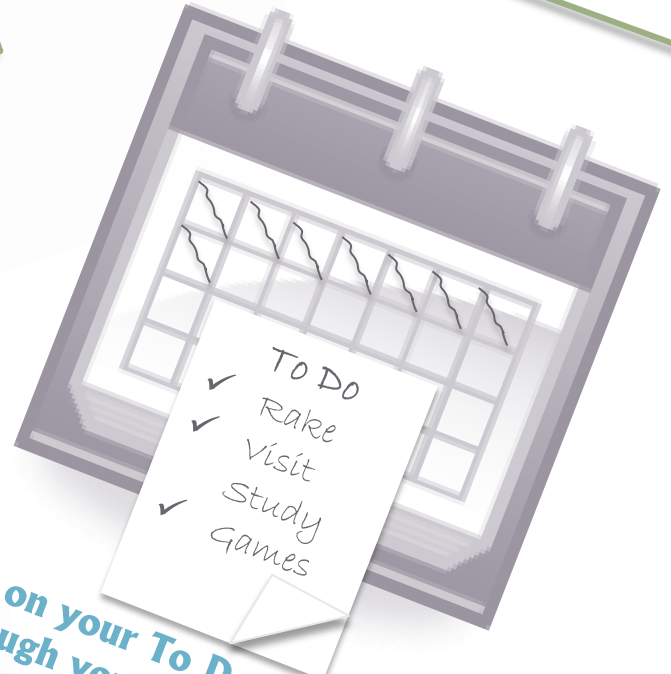
fill your time with low-priority tasks.




rewrite the same sentence or paragraph several times.



crave a snack or drink as soon as you sit down to start a high-priority task.



leave an item on your To Do list for a long time, even though you know it's important.



Culture  
Government  
Economy  
Food

spend too much time (days) to decide on a topic.



carry books around all the time, but never open them to study.



Have you started, YET?

get angry if an someone asks, "Have you started yet?"