

Why Am I Procrastinating?

Motivation Blocker	Strategy to Overcome
I am not interested in the topic.	
I don't think this topic is important.	
I am doing this because someone else wants me to, not because I want to.	
I get frustrated when I don't understand something.	
I am afraid that I will fail.	
I do not know what I am expected to do.	
This task is too hard.	
I don't have enough time.	
I am too overwhelmed.	
I don't think this topic relates to my major or career goals.	
I feel too guilty that I have not done it yet.	
I am a perfectionist.	