

WORKSHEET 7.8.1:
IN WHICH AREAS OF MY LIFE DO I
PROCRASTINATE?

Step 1. Circle your area/s of perfectionism

Step 2. Identify examples of your procrastination

<i>Perfectionism area</i>	<i>Example behaviour</i>	<i>My procrastination</i>
Eating/shape/ weight	Delay trying clothes on	
Social performance	Put off phoning a friend	
Organisation	Delay writing 'to do' lists	
House cleanliness, neatness	Delay starting cleaning	
Appearance	Delay ironing clothes	
Artistic performance	Postpone new painting	
Musical performance	Postpone violin practice	
Sporting performance	Put off training	

Academic performance	Ask for extension	
Work performance	Delay starting report	
Intimate relationships	Put off asking for a date	
Parenting	Delay choice of school	
Health, fitness	Put off going for a walk	
Entertaining	Delay cooking for party	
<i>Other perfectionism areas:</i>		