PROCRASTINATION REFLECTION

Take your best guess and rank the following reasons for why you procrastinate from 1 to 5 starting with "1" being the biggest reason.

Reason	Rank
Feeling Overwhelmed – A feeling that there is too much that needs to be done in order to accomplish a task, thus paralysing us from even taking the first step towards achieving it.	
Task Unpleasant – We view the task as boring or tiring or that it will make us uncomfortable in some way.	
Fear of Failing – If we take action towards reaching our goals yet fail to realise them, we fear we will be seen as a failure. We fear being rejected or made to look like a fool.	
Lacking Motivation – We find no internal motivation or benefit for doing the task, and there is no penalty for not doing it, leading us to not do it at all. The cost in terms of time and energy seem to outweigh the benefits.	
Lacking Focus – Unable to stay on task because something has come up. The 'something else' can be anything that distracts the person from continuing to work on a main task.	