

Professional Procrastinating

Name: _____

Video: Inside the Mind of a Professional Procrastinator

What makes **you** procrastinate?

What are some **bad habits** you have that keep you from getting things done?

What gets **your** Panic Monster going?

Brainstorm: How can you **change your behaviour** to get out of the habit of procrastination when your Panic Monster can't help? (Concrete strategies!)