

EXERCISE: HOW IS PROCRASTINATION AFFECTING YOU?

Now that you have learned more about what procrastination is and its negative effects, it is time to turn your attention inwards. This exercise will help you reflect on the ways procrastination affects different areas of your life – not just the tasks you delay, but the broader consequences that follow. These might include missed opportunities, emotional strain, relationship tension or a lingering sense of guilt.

It is also important to consider not just how it affects you, but how it may impact others around you. Sometimes procrastination creates a ripple effect – like putting pressure on colleagues, letting down loved ones or creating avoidable stress in group situations. Complete Table 1.1. You do not need to have an answer in each area. Just jot down what comes to mind.

Table 1.1 How is procrastination affecting you?

Life area	How does procrastination show up here?	What are the consequences – for you and others?
Education or work (e.g., writing a thesis, finishing projects or job performance)		

Private commitments
(e.g., sending birthday cards
or booking appointments)

Financial commitments
(e.g., paying bills, budgeting
or saving for the future)

Social life
(e.g., replying to messages
or following through on plans)

Physical health
(e.g., post-
poning exercise,
skipping
check-ups or
appointments)

Psychological
wellbeing
(e.g., chronic
stress, low
self-esteem or
anxiety)

Other areas
(e.g., hobbies,
creativity or
spirituality)

This reflection is not about blame – it is about clarity. When you understand where and how procrastination is holding you back, you become better equipped to change it. Awareness is the first and most powerful step towards action.