**Are You a Procrastinator? - Self-Assessment Quiz**

Instructions

For each question, select the answer that best describes your typical behaviour. Be honest with yourself - there are no right or wrong answers.

**1. When do you typically start working on important assignments or projects**?

a) As soon as I receive them, I like to get started

b) A few days after receiving them, once I've planned my approach

c) When the deadline starts getting closer

d) At the last possible moment, often pulling all-nighters

**2. You have a sink full of dirty dishes. What's your most likely response?**

a) I wash them immediately after eating

b) I'll wash them before going to bed

c) I'll do them tomorrow when I have more energy

d) I wait until I run out of clean dishes

**3. How do you respond to your morning alarm?**

a) I get up immediately when it rings

b) I hit snooze once but get up within 15 minutes

c) I hit snooze several times and rush to get ready

d) I often oversleep and am late for commitments

**4. When faced with an unpleasant task, you usually:**

a) Get it done first to get it out of the way

b) Schedule it for when I'll have the most energy

c) Put it off until someone reminds me to do it

d) Avoid it until it becomes an emergency

**5. Your typical email inbox looks like:**

a) Empty or nearly empty - I respond to emails promptly

b) Under 50 emails - I keep up with important ones

c) Hundreds of unread messages - I'll sort them someday

d) Thousands of emails - I've given up on inbox zero

**6. When preparing for a presentation or important event, you:**

a) Prepare well in advance and rehearse multiple times

b) Start preparing a week before and feel adequately ready

c) Throw something together a day or two before

d) Wing it at the last minute and hope for the best

**7. Your approach to paying bills is:**

a) They're all on auto-pay or paid immediately when received

b) I pay them a few days before they're due

c) I pay them on the due date, sometimes cutting it close

d) I often pay late and incur late fees

**8. When you have multiple tasks to complete, you usually:**

a) Make a schedule and stick to it religiously

b) Create a rough plan and complete most tasks on time

c) Jump between tasks, finishing some but not others

d) Feel overwhelmed and avoid starting any of them

**9. Your typical response to long-term goals (like saving money or exercising) is:**

a) I set clear milestones and track my progress regularly

b) I make steady progress but sometimes get sidetracked

c) I start strong but rarely follow through long-term

d) I set goals but rarely take concrete steps to achieve them

**10. When browsing social media or watching videos, you:**

a) Rarely do this during work hours

b) Take short breaks but generally stay focused

c) Often catch myself wasting hours online

d) Regularly lose track of time and miss deadlines

Scoring Guide

**Give yourself:**

1 point for each 'a' answer

2 points for each 'b' answer

3 points for each 'c' answer

4 points for each 'd' answer

**Total Score Interpretation:**

**10-15 points: Highly Productive**

You're extremely well-organized and rarely procrastinate. Be careful not to burn yourself out!

**16-25 points: Moderately Productive**

You generally manage your time well but occasionally procrastinate. You have good habits to build on.

**26-35 points: Moderate Procrastinator**

Procrastination is affecting your life, but you're aware of it. Focus on building better time management habits. Maybe a coach may help

**36-40 points: Chronic Procrastinator**

Procrastination is significantly impacting your life. Consider professional help or coaching to develop better habits.