



Wait!: Why You Procrastinate & What You Can Do About It

Scoring Grids

Introduction

We all procrastinate. It's a common human behavior. There are many reasons for why we put things off and ways to minimize the negative consequences of doing so.

This program explores those reasons and techniques for getting more done. The full seminar is setup in survey form, making the learning process engaging and fun. This executive summary sets forth the scoring grids that appear at the end of each chapter in the written materials.



Part I: Fun Facts

Question #	Question	Answer
1	Do you procrastinate?	Self-assessment
2	What percentage of the global population do you think procrastinates?	95%
3	How would you categorize your level of procrastination, assuming that you are part of the 95% of the population who procrastinates?	Self-assessment
4	Procrastination can facilitate what aspect of work?	Creative tasks
5	According to <i>Originals</i> author Adam Grant, the opposite of a procrastinator is a _____.	Pre-crastinator
6	Fallingwater, Frank Lloyd Wright's architectural masterpiece, was reportedly sketched _____ before a client meeting?	30 minutes
7	People who were shown pictures of themselves aged several years were more likely to do what?	Increase retirement savings
8	Brian Tracy, the famous motivational speaker, recommends we do what with "That Frog?"	Eat it
9	Which of these two activity-based characteristics matches your procrastination behaviors?	Self-assessment
10	A counter-intuitive procrastination hack is to _____.	All of the above



Part II: Education

Question #	Question	Answer
1	Why do you procrastinate?	Self-assessment
2	Which of these is <i>not</i> a consequence of procrastination?	None of the above
3	A 2015 study found that procrastinators are more vulnerable to what health risk?	Hypertension/cardiovascular disease
4	Chronic procrastination is more pervasive than _____.	Depression
5	Surfing the Internet releases dopamine into the brain because _____.	Our brains are wired to reward novelty
6	Procrastination pits the prefrontal cortex against the _____.	Limbic system
7	The majority of people are most productive in the _____.	Mid-morning
8	Email is a disguised procrastination strategy because it's easier to consume information than it is to _____.	Create information
9	What was the Russian psychologist Bluma Zeigarnik doing when she noticed the effect that carries her name?	Dining in a restaurant
10	Greek philosophers called acting against our better judgement Akrasia; what's the modern explanation?	Time inconsistency



Part III: Techniques

Question #	Question	Answer
1	Exercising at midday can add _____ % of productivity to your day.	17
2	What alternative practice has demonstrated positive results around procrastination?	All of the above
3	Which of these suggestions are actual procrastination fighters?	Pander to the limbic system
4	How long does it take to overcome procrastination on a specific project?	Five minutes
5	Rory Vaden, author of <i>Procrastinate on Purpose</i> , recommends that we use a _____ to get the right things done.	Focus funnel
6	Which of these questions is most effective in overcoming procrastination?	All of the above
7	Which of these is not a technique for managing procrastination?	Playing a video game
8	What's the best way to bounce back from a lost day?	Create a list for the next day
9	_____ is another good way to get a handle on what needs doing.	Using a prioritization mechanism
10	Which of these strategies do you like for fighting procrastination?	Self-assessment



Conclusion

Did you enjoy learning about procrastination? More importantly, did you find one or two ways to minimize its negative effects on your personal and professional life?

Let's all wait less and do more!