
Handout 12-1

Procrastinating Phrases, for Excuses, Excuses (Structured Experience 12-8)

Examples:

Procrastinating Phrase: "There's plenty of time."

New Phrase: "Time will pass quickly, so I need to plan effectively."

Procrastinating Phrase: "Time always seems to get away from me."

New Phrase: "I control my time and schedule."

1. Procrastinating Phrase: "I'm sunk now. I should have started earlier."

New Phrase: _____

2. Procrastinating Phrase: "I'm not going to do this to myself ever again."

New Phrase: _____

3. Procrastinating Phrase: "I really need to start to work on this project."

New Phrase: _____

4. Procrastinating Phrase: "What's the point? It will be late now, anyway."

New Phrase: _____

5. Procrastinating Phrase: "No one is available to help me."

New Phrase: _____

6. Procrastinating Phrase: "I'll wait until the team is ready to work on this."

New Phrase: _____

7. Procrastinating Phrase: "I'll just mess it up anyway. I always do."

New Phrase: _____

8. Procrastinating Phrase: "I'm not sure how to do everything, so I'll wait."

New Phrase: _____
