

10 Point Procrastination as Information Test

Instructions: Pick one project you are procrastinating on. Rate each statement on the scale provided. Add up your score. Find your score on the key at the end of the test.

Project:			
1) On a piece of paper, make a list of what you need to know that you don't know about this project. Look at the list. How much don't you know that you need to know?	I have all the info I need	5 4 3 2 1	I need to know a lot
2) The info I don't know is findable and I know where to look for it.	Findable and I know where to look	5 4 3 2 1	Not Findable at all
3) I have a project checklist for this and I know the steps involved.	I know the steps	5 4 3 2 1	I don't know the steps
4) I know how much time this project will take	I know how much time	5 4 3 2 1	I don't know how much time
5) I can devote the time it will take to do this project well.	I have the time	5 4 3 2 1	I don't have the time
6) This project is aligned with what I truly value in life.	Aligned with my values	5 4 3 2 1	Not aligned with my values
7) I feel GREAT about this project emotionally.	This project feels GREAT!	5 4 3 2 1	The project doesn't feel so great
8) My GUT / intuition tells me this project is a great project FOR ME.	GUT says YES	5 4 3 2 1	GUT says NO
9) I want to do this project (it is not a "SHOULD")	Yes, I want to	5 4 3 2 1	No, not so much
10) I know and have gotten advice on what I can delegate	Yes, I know what to delegate	5 4 3 2 1	Delegate? What is delegate?
11) I have had enough "creative gestation" and the muse has spoken!	Muse has spoken!	5 4 3 2 1	Muse, what muse?
	<u>TOTAL:</u>		<u>Out of 55</u>

Key

Find your score on the scale below.

If Your Score is Between:	You Might Consider
11 - 22	There is definitely something you are not sure about with this project and that may be fueling the procrastination. It may be you need more information; you may not have the time right now; it may not be the right project for you no matter how good the idea. It might be worth it to reexamine this project with a friend or coach to see if it is worth you pursuing at this time.
23 - 33	There are some holes in this project that need some filling in here. Go over the test above and look very carefully at those holes. Can you and <i>do you want to</i> fill in these holes? You may need some feedback from someone like a friend or a coach.
34 - 44	Looks like you have a pretty good handle on things. I would look at where you can improve your processes so that it will run smoothly. Your procrastination may be for other reasons. That may be something to work on with a friend or coach to get clearer on.
45 - 55	Sure looks like you have a great handle on things here. If you are still procrastinating, you may want to look at other reasons for it with a friend or coach.