

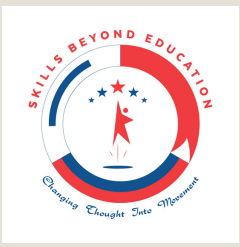
# SKILLS BEYOND EDUCATION

## Internal Belief Barriers

(Write yes/no based on your agreement with your statement)

# BREAK THE PROCRASTINATION CYCLE

1.	I am always putting things off until the last minute.	
2.	I never have enough time to get things done.	
3.	I am always distracted by social media and other forms of entertainment.	
4.	I am too lazy to get anything done.	
5.	I never feel like doing anything.	
6.	I always find excuses to avoid doing what I need to do.	
7.	I am always putting things off until the last minute.	
8.	I never have enough time to get things done.	
9.	I am always distracted by social media and other forms of entertainment.	
10.	I am too lazy to get anything done.	
11.	I never feel like doing anything.	
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# SKILLS BEYOND EDUCATION

## Internal Belief Barriers

(Write yes/no based on your agreement with your statement)

13 .	I am always waiting for the perfect time to start.	
14 .	I always wait until the last minute to start working on projects.	
15 .	I am too easily distracted by things that don't matter.	

16 .	I am always procrastinating because I don't know where to start.	
17 .	I am not good enough to complete certain tasks.	
18 .	I am always afraid of success	
19 .	I am too perfectionistic and never feel satisfied with my work.	
20 .	I am always procrastinating because I don't have a clear plan.	

### Count the total number of Yes's

Total YES's	Discipline Role Model
0 - 15	Master of Discipline
15 - 30	Occasional Procrastinator
31 - 40	Chronic Procrastinator
41 - 50	Great Procrastinator