



### Procrastination Quotient

	Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree
1. I invent reasons and look for excuses for not acting on a tough problem.	_____	_____	_____	_____
2. It takes pressure to get on with a difficult assignment.	_____	_____	_____	_____
3. I take half measures that will avoid or delay unpleasant or difficult action.	_____	_____	_____	_____
4. There are too many interruptions and crises that interfere with my accomplishing the big jobs.	_____	_____	_____	_____
5. I avoid forthright answers when pressed for an unpleasant decision.	_____	_____	_____	_____
6. I have been guilty of neglecting follow-up aspects of important action plans.	_____	_____	_____	_____
7. I try to get other people to do unpleasant assignments for me.	_____	_____	_____	_____
8. I schedule big jobs late in the day, or take them home to do in the evening or weekends.	_____	_____	_____	_____
9. I've been too tired (nervous, upset, hungover) to do the difficult tasks that face me.	_____	_____	_____	_____
10. I like to get everything cleared off my desk before commencing a tough job.	_____	_____	_____	_____
Total Responses	_____	_____	_____	_____
<u>X</u> Weight	<u>X</u> 4	<u>X</u> 3	<u>X</u> 2	<u>X</u> 1
(add these scores together)	_____	_____	_____	_____

Total of above four scores: \_\_\_\_\_ = Procrastination Quotient (PQ)

If your PQ is below 20: You are probably not a procrastinator; you probably have an occasional problem only.

If your PQ is 21-30: You have a procrastination problem—but not too severe.

If your PQ is above 30: You probably have frequent and severe problems of procrastinating.