

WHAT'S YOUR PROCRASTINATION STYLE?

Self-Assessment Quiz





QUIZ

Instruction: For each question, choose the option that best describes you.

1. When you have a big task to do, you usually:

- A) Put it off because it feels overwhelming
- B) Get distracted by other smaller, easier tasks
- C) Worry it won't be perfect, so you don't start
- D) Wait until the last minute and then rush

2. How do you feel when you think about working on your side business / passion project?

- A) Anxious and unsure where to start
- B) Distracted and scattered with too many ideas
- C) Worried it won't turn out well
- D) Stressed but motivated to get it done quickly

3. What's your biggest challenge with managing your time?

- A) Avoiding tasks that feel hard or boring
- B) Jumping between tasks and never finishing one
- C) Spending too much time planning and tweaking instead of doing
- D) Waiting until a deadline forces you to act

4. When you make a to-do list, how often do you complete it?

- A) Rarely—tasks feel too big or intimidating
- B) Sometimes—I get sidetracked by other things
- C) I make long lists but spend most time organizing, not doing
- D) Usually at the last minute before it's due



QUIZ

5. How do you handle distractions?

- A) I avoid starting work because distractions feel easier
- B) I often switch tasks or check my phone constantly
- C) I use distractions to avoid imperfect work
- D) I focus intensely but only under pressure

6. When you think about your progress, you feel:

- A) Stuck and overwhelmed
- B) Scattered and all over the place
- C) Frustrated that it's never "good enough"
- D) Pressured but able to push through last minute

7. Which of these sounds most like you?

- A) "I don't know where to start, so I don't start."
- B) "I start a lot of things but finish very few."
- C) "I want things to be perfect before I share or finish them."
- D) "I wait until the last possible moment but then get it done."

8. How often do you feel overwhelmed by your workload?

- A) Almost always
- B) Often
- C) Sometimes, mostly because of perfectionism
- D) Rarely, I work best under pressure



QUIZ

9. When you finally start a task, it's usually because:

- A) I have no other choice
- B) I force myself to focus despite distractions
- C) I'm trying to fix something or make it perfect
- D) A deadline or external pressure makes me act

10. What would help you the most to stop procrastinating?

- A) Clear, simple steps that don't feel overwhelming
- B) Strategies to stay focused and avoid distractions
- C) Letting go of perfectionism and self-judgment
- D) Better planning to avoid last-minute rushes



RESULTS

Mostly A's: The Overwhelm Avoider

You tend to procrastinate because tasks feel too big or scary. Breaking things into small, manageable steps will help you get started without feeling paralyzed.

Mostly B's: The Distracted Starter

You jump into many tasks but struggle to finish because of distractions or scattered focus. Creating boundaries and focus systems will help you complete what you start.

Mostly C's: The Perfectionist Procrastinator

Fear of imperfection holds you back from taking action. Learning to embrace progress over perfection will free you to move forward consistently.

Mostly D's: The Last-Minute Rusher

You wait until deadlines or pressure to get things done. Building routines and planning ahead will reduce stress and improve consistency.



NEXT STEPS

You don't just need more motivation. You need a system that works with your procrastination style.

When you understand why you procrastinate, you can finally break the cycle of guilt and start taking consistent action without burning out.

Want to learn how to create a plan that actually fits the way you work?

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