

Technique to Help Prevent Procrastination

I am delaying on *reason* because of *argument*.

Reasons for Delay	Arguments Against Delay
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

Based on the *Procrastination* by CalPoly
Website: <http://sas.calpoly.edu/asc/ssl/procrastination.html>