

## **Are You a Procrastinator?**

Rate Each Statement as It Applies to You:

- 1 point = extremely uncharacteristic.
- 2 points = moderately uncharacteristic.
- 3 points = neutral.
- 4 points = moderately characteristic.
- 5 points = extremely characteristic.

Add together your scores from questions 1, 2, 5, 7, 9, 10, 12, 16, 17, and 19. If the total comes to between 40 and 50 points, procrastination may be limiting your success and happiness.

**<http://absentprof.missouristate.edu/>**