



# THE 6 STYLES OF PROCRASTINATION

**01**

## **The Perfectionist**

Overly concerned with not meeting expectations; you work hard or you never finish or never start.

**02**

## **The Dreamer**

Great at planning & scheming but overwhelmed with reality of actually sitting down to do hard work.

**03**

## **The Worrier**

You avoid starting, making decisions, and/or resist change as you are fearful of the unfamiliar. What ifs get in the way.

**04**

## **The Crisis-Maker**

Procrastinate to the last minute as you enjoy adrenaline rush and tell yourself that you work best under pressure.

**05**

## **The Defier**

You rebel against external pressure (deadlines or expectations), either openly or through subtle defiance.

**06**

## **The Overdoer**

Too much on your plate as you are unable to say no or set appropriate boundaries. As a result, you lack of time to complete.

