

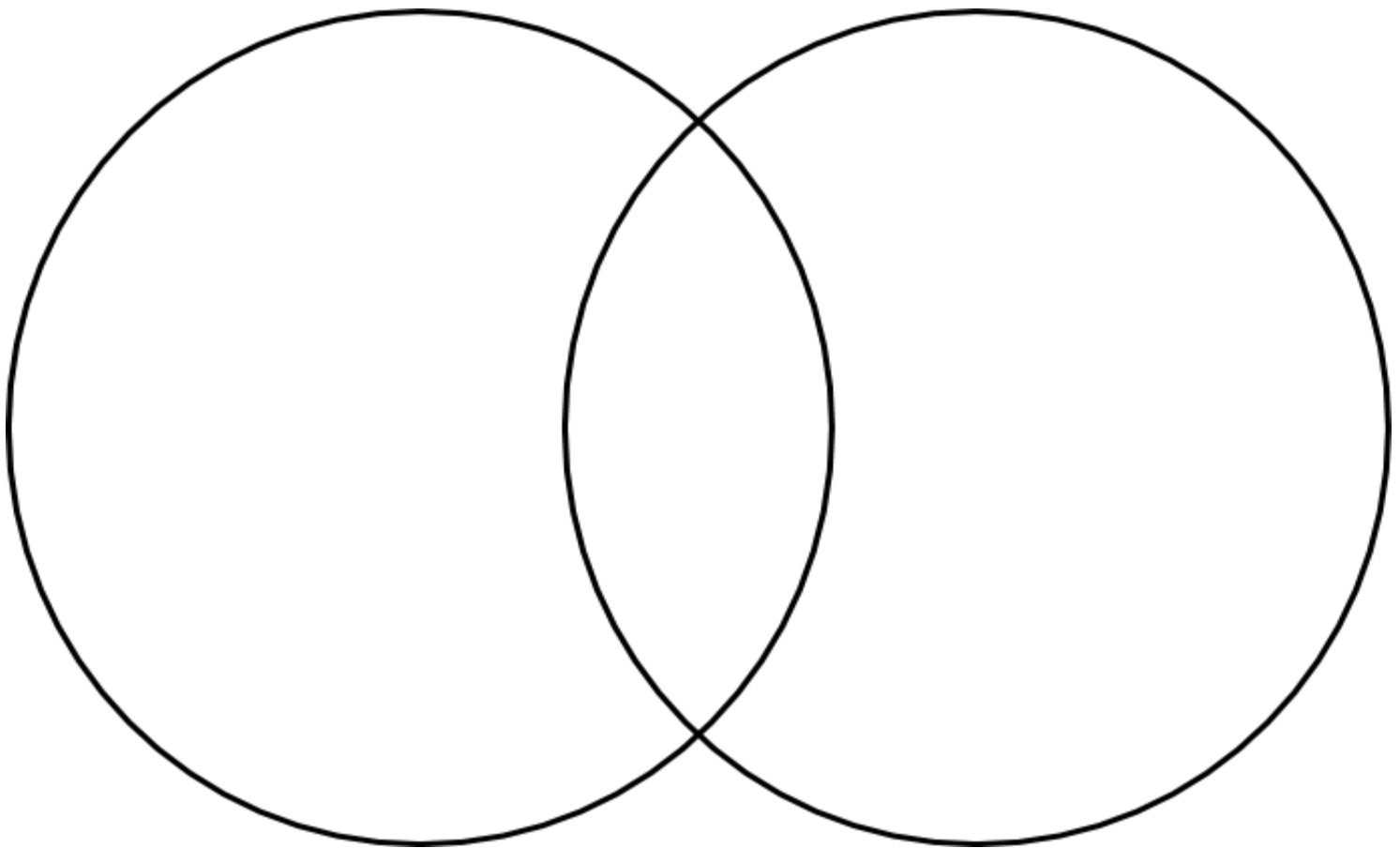
How to avoid being a... **MASTER PROCRASTINATOR**

Career Life Connections 12 ● Name: _____

Using Tim Urban's TEDTalk "Inside the Mind of a Master Procrastinator" as a guide, complete the following:

Easy & Fun
"The Dark Playground"

what makes sense
"Hard things"



1. Complete the diagram above based on your own life. List at least five things you do in your life that are easy and fun - part of your dark playground, five things you do that makes sense - which are usually hard things, and five things that you can consider both.
2. Explain how you usually feel when you are playing on the dark playground.

3. In looking at what you have chosen as your “hard things”, what do they have in common?

4. Tim Urban makes a distinct differentiation between procrastination with and without deadlines. While the panic monster is able to wake up as deadlines approach, without deadlines, “long term procrastination can make you feel like a spectator in your own life.”

He then adds, “The frustration is not that they couldn’t achieve their dreams, it’s that they weren’t even able to start chasing them”. Can you think of an example from your life, or someone you know, where a dream was unable to even get started? How do you think the results may be different if a panic monster were to appear?

5. Using the website <http://nepomuc.com/life-calendar/>, create your own life calendar. In looking at your calendar, what are your initial thoughts? How can a life calendar give someone a different view of procrastination? Print your calendar and attach to your assignment.

6. Lastly, it’s important to note that Tim Urban’s take on procrastination isn’t a “one size fits all” approach. Design your own character based on a feeling you have when faced with a decision between what’s easy and fun, and what makes most sense. Mine, for example, would be a Guilt Goblin! →

