

A test about your own procrastination and task / time specificity.

Procrastination is related to personality traits or habits that make me more prone to procrastination.

Fully agree, somewhat agree, neither agree nor disagree, somewhat disagree, fully disagree

My life situation, my alertness and energy levels make me procrastinate.

Fully agree, somewhat agree, neither agree nor disagree, somewhat disagree, fully disagree

My relationship with the task in question makes me procrastinate.

Fully agree, somewhat agree, neither agree nor disagree, somewhat disagree, fully disagree

Being demanding or having dyslexia or other condition affects my ability to get certain tasks done.

Fully agree, somewhat agree, neither agree nor disagree, somewhat disagree, fully disagree