

# ESPORTSTOWER PROCRASTINATION MANAGEMENT WORKSHEET

CHECK ISSUES IN EACH AREA WHERE YOU STRUGGLE WITH PROCRASTINATION: Use blank space for specific areas not listed.

|                                     |  |                                    |                                     |
|-------------------------------------|--|------------------------------------|-------------------------------------|
| <b>PERSONAL HEALTH / WELL-BEING</b> |  | Sleeping Enough & Sleeping Well    | Tracking Grades                     |
| Drink More Water                    |  | Bathing / Hygiene                  | Recreation / Hobbies / Sports       |
| Stretch Before Gaming               |  | Following My Esports Training Plan | Meeting Deadlines for Homework      |
|                                     |  |                                    |                                     |
| <b>HOME LIFE</b>                    |  | No clothes on floor                | Call Grandma 2x month               |
| Keep Room Clean                     |  | Have a meal with mom               | Being present for special occasions |
| Take out Trash on Tuesday           |  | Practice driving with dad          |                                     |
|                                     |  |                                    |                                     |
| <b>WORK</b>                         |  |                                    |                                     |
| Clean uniform                       |  |                                    |                                     |
| Be on time for shift                |  |                                    |                                     |
|                                     |  |                                    |                                     |
| <b>SCHOOL</b>                       |  | Completing Research                | Completing Writing Assignments      |
| Going to Class                      |  | Group Work Participation           | Maintaining Financial Aid Forms     |
| Arriving on Time                    |  | Doing Homework                     | Meeting with Instructors / Advisors |
|                                     |  |                                    |                                     |
| <b>PERSONAL RELATIONSHIPS</b>       |  | Responding to Texts                | Ending Unwanted Relationships       |
| Talking with Friends                |  | Responding to Email                | Communicating with Relatives        |
| Making Time for Partner             |  | Going Out / Socializing            | Attending Scheduled Events          |
| Making Time for Friends             |  | Making Time for Family             | Remembering Special Occasions       |
|                                     |  |                                    |                                     |

CHOOSE AN ISSUE SELECTED ABOVE AND ANSWER THE FOLLOWING:

|   |  |
|---|--|
| <b>ISSUE</b>  |  |
| <b>HOW DO I PERSONALLY BENEFIT FROM ACCOMPLISHING THIS TASK?</b>                                  |  |
|   |  |
| <b>HOW WILL COMPLETING THE TASK IMPACT MY FUTURE?</b>   |  |
|   |  |
| <b>CREATE A MISSION STATEMENT DETAILING ANY REQUIRED RESOURCES, PLAN OF ATTACK, AND DEADLINE.</b> |  |
|   |  |

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