

# Discover Your Procrastination Type and Stop Putting Things Off

Procrastination is a common problem that can sabotage our goals and dreams. But what if we told you that there are different types of procrastinators, and that each type has its own unique set of motivations and challenges?



## A Teen's Guide to Getting Stuff Done: Discover Your Procrastination Type, Stop Putting Things Off, and Reach Your Goals (The Instant Help Solutions Series)

by Jennifer Shannon

★★★★☆ 4.4 out of 5

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In this article, we'll help you discover your procrastination type and provide you with the tools you need to overcome it. We'll also provide you with a link to a free procrastination assessment that can help you determine your procrastination type.

## The Five Types of Procrastinators

There are five main types of procrastinators:

1. **The Perfectionist:** Perfectionists set unrealistic standards for themselves and become overwhelmed by the thought of not meeting those standards. They may procrastinate in Free Download to avoid the fear of failure.
2. **The Avoider:** Avoiders procrastinate because they are afraid of the task at hand. They may be afraid of failing, making a mistake, or looking stupid. They may also procrastinate in Free Download to avoid feeling overwhelmed.
3. **The Overwhelmed:** Overwhelmed procrastinators feel like they have too much to do and not enough time to do it. They may procrastinate in Free Download to avoid feeling overwhelmed or stressed.
4. **The Underachiever:** Underachievers procrastinate because they don't believe they can succeed. They may have low self-esteem or a lack of motivation. They may also procrastinate in Free Download to avoid feeling like a failure.
5. **The Rebel:** Rebels procrastinate because they don't want to conform to the expectations of others. They may be rebellious by nature or they may simply be trying to assert their independence. They may also procrastinate in Free Download to avoid feeling controlled.

## How to Overcome Procrastination

Now that you know your procrastination type, you can start to develop strategies to overcome it. Here are a few tips:

- **For Perfectionists:** Set realistic standards for yourself and break down tasks into smaller, more manageable chunks. Don't be afraid to ask for help from others.

- **For Avoiders:** Identify what you are afraid of and develop strategies to address those fears. Break down tasks into smaller, more manageable chunks and set deadlines for yourself.
- **For the Overwhelmed:** Prioritize your tasks and focus on one thing at a time. Delegate tasks to others when possible. Take breaks throughout the day to avoid feeling overwhelmed.
- **For Underachievers:** Believe in yourself and your abilities. Set realistic goals for yourself and break down tasks into smaller, more manageable chunks. Reward yourself for your accomplishments.
- **For Rebels:** Find ways to make tasks more fun and engaging. Set deadlines for yourself and stick to them. Don't be afraid to ask for help from others.

Overcoming procrastination takes time and effort, but it is possible. By understanding your procrastination type and developing strategies to address it, you can stop putting things off and start reaching your goals.

## Free Procrastination Assessment

Click [here](#) to take a free procrastination assessment and determine your procrastination type.



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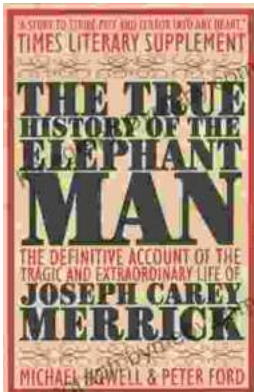
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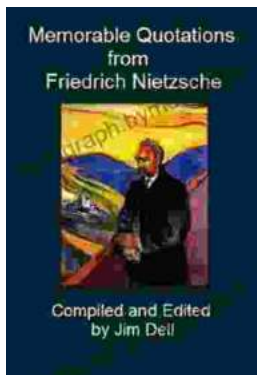
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