

### *The Procrastinator's Code*

If any of the following apply, see *Procrastination: Putting Off Until Tomorrow...*

I must be perfect.

Everything I do should go easily and without effort.

It's safer to do nothing than to take a risk and fail.

I should have no limitations.

If it's not done right, it's not worth doing at all.

I must avoid being challenged.

If I succeed, someone will get hurt.

If I do well this time, I must always do well.

Following someone else's rules means I'm giving in and I'm not in control.

I can't afford to let go of anything or anyone.

If I expose my real self, people won't like me.

There is a right answer, and I'll wait until I find it.