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.