

Am I a Perfectionist?

Are you a perfectionist? Take this quiz to find out.

Read each statement and answer how much you agree with it.

0 = Don't Agree

1 = Somewhat Agree

2 = Agree

3 = Strongly Agree

<i>I often procrastinate on tasks where others may judge my performance.</i>	
<i>If a task is more difficult or frustrating than I expected, I often give up.</i>	
<i>I often put challenging tasks off until I am clearheaded and confident I can do a good job.</i>	
<i>I worry that others will lose respect for me or think I am incompetent if I make a mistake or am not the best at something.</i>	
<i>I get upset when I make a mistake.</i>	
<i>I don't like to start something if I don't feel certain I can do it well.</i>	
<i>If someone does something better than I do, it makes me feel inferior.</i>	
<i>When I procrastinate, I feel guilty and tell myself I should get started.</i>	
<i>I tend to get behind in my work because it takes me a long time to get things done right.</i>	
<i>I criticize my own work so much that I don't feel like I've accomplished anything.</i>	
TOTAL SCORE	

0–5: Perfectionism is unlikely to contribute to your procrastination

6–15: Perfectionism moderately contributes to your procrastination.

16–30: Perfectionism definitely contributes to your procrastination.

Am I a Warrior?

Are you a warrior? Read each statement and answer how much you agree with it.

0 = Don't Agree

1 = Somewhat Agree

2 = Agree

3 = Strongly Agree

<i>I have trouble staying organized, especially with schoolwork.</i>	
<i>Sticking with things is difficult for me.</i>	
<i>I have trouble concentrating on just one thing at a time.</i>	
<i>I put things off because I don't feel like doing them.</i>	
<i>I have trouble sticking with assignments I find boring.</i>	
<i>It is easy for me to put assignments out of my mind and become distracted with other things.</i>	
<i>There are many school assignments that I find boring and am not committed to or don't feel enthusiastic about.</i>	
<i>I get restless easily and want to get up and move around.</i>	
<i>I often start things but don't finish them.</i>	
<i>It is hard to sit still for very long unless I am totally engrossed in what I am doing.</i>	
TOTAL SCORE	

0–5: It is unlikely you are a warrior.

6–15: You have some warrior traits that encourage procrastination.

16–30: You are definitely a warrior, which contributes to procrastination.

Am I a Pleaser?

Here's a short quiz you can take to help you identify how much of a pleaser you are. Read each statement and answer how much you agree with it.

0 = Don't Agree

1 = Somewhat Agree

2 = Agree

3 = Strongly Agree

<i>I tend to put others' needs before my own.</i>	
<i>I feel guilty when I procrastinate and tell myself I should just do it.</i>	
<i>When I feel uncertain about something, I put off making a decision.</i>	
<i>I often agree to do things I don't really want to do and then put off getting them done.</i>	
<i>It is hard for me to say no to someone.</i>	
<i>I have things I should do that I don't feel committed to.</i>	
<i>If I state an opinion or preference and others are upset by it, I feel responsible.</i>	
<i>I am more comfortable if others make decisions for me.</i>	
<i>I often put off talking to someone if I know what I have to talk about might upset that person.</i>	
<i>I don't like to disappoint people.</i>	
TOTAL SCORE	

0–5: It is unlikely you are a pleaser.

6–15: You are a moderate pleaser, and that contributes to your procrastination.

16–30: You are definitely a pleaser, which contributes a lot to your procrastination.

Am I a Rebel?

Are you a rebel? Take the following quiz and find out.

0 = Don't Agree

1 = Somewhat Agree

2 = Agree

3 = Strongly Agree

<i>If I don't think something is fair, I won't do it.</i>	
<i>I don't think people appreciate what I do get done.</i>	
<i>People think I'm stubborn.</i>	
<i>The more pressure people put on me to do something, the less likely I am to do it.</i>	
<i>If someone wants me to do something that seems silly to me, I won't do it.</i>	
<i>If I am committed to something, I will get it done no matter what.</i>	
<i>I often think people are bossy and controlling.</i>	
<i>I'll disagree with people just for the sake of disagreeing.</i>	
<i>I'm easily annoyed when something or someone gets in the way of what I want to do.</i>	
<i>I'm an independent thinker.</i>	
TOTAL SCORE	

0–5: It is unlikely you are a rebel.

6–15: You are a moderate rebel, and this contributes to your procrastination.

16–30: You are definitely a rebel, and this significantly contributes to your procrastination.