

ENTREPRENEURIAL PROCRASTINATION AREAS

a) For each business area listed below, check off whether you love it, hate it, or have mixed feelings, and whether you procrastinate about it or not. Add other business areas and mark them in the same way. Are your emotions and actions for each area aligned? If an area is Love/NoProc or Hate/Proc, it is aligned. If it is Love/Proc or Hate/NoProc, it is not aligned. With Mixed and either Proc or NoProc, mark it OK.

	NoProc	Love	Mixed	Hate	Proc	Emotion & Action Aligned? (Y/N/OK)
Networking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Selling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Your Specialty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Planning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Numbers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Writing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Other:						
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

b) For the activities that are aligned, consider the following. Are they people-oriented? Isolation-oriented? Do they require special skills? Do you have those skills and are you confident in them? Do they require special resources? Do you have those resources and feel comfortable using them?

c) For the activities that are not aligned, ask yourself the following. Why do I put off doing tasks I enjoy? What do I do instead? How do I manage to not put off tasks I don't enjoy? What enables me to not procrastinate?