

# Pain VS Pleasure

Well done for watching the *Procrastination* video. Completing this task will help you destroy procrastination forever!

Instructions 

In the left column on the next page, list all **the bad things that will happen when you procrastinate.**

In the right column list all the reasons **why you'll benefit if you start your work early!**

Stick it up somewhere you'll always see it!

Make sure of this! 

**Make sure every reason on both sides relates to YOU.**

E.g. (In the right column) If I start studying early this year I'll have a really good chance of getting into Engineering at the University of Cambridge.

You can use these ideas! 

- \* You'll do a bad job
- \* You'll get really stressed
- \* You'll disappoint your parents and teachers
- \* You'll have to rush everything
- \* You'll get bad marks

You won't have to rush \*

You'll get amazing marks \*

You'll hand things in on time feeling proud \*

Your parents will be absolutely stoked with you \*

You'll get to reward yourself for being so awesome! \*



# Why I'M GOING to start NOW!

Painful things that will happen if I procrastinate

Awesome things that will happen if I **START NOW!**

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