



# *IN SIGHT* for Oregon Lawyers

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

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## PROCRASTINATION SELF-TEST

- Do you put off taking care of important things, jeopardizing relationships, career, finances, or health?
- Do you put off doing what you need to do until a crisis develops?
- Do you put off doing tasks unless you can do them perfectly or until you can find the perfect time to do them?
- Do you hesitate taking necessary action because you fear change?
- Do you think too much about things you'd like to do but rarely get around to doing?
- Do you think that things will somehow just take care of themselves?
- Do you commit yourself to so many things that you can't find time for many of them?
- Do you tend to do only what you *want* to do instead of what you *should* do?
- Do you tend to do only what you think you *should* do instead of what you *want* to do?

Reprinted from *It's About Time*, by Dr. Linda Sapadin with Jack Maguire.

### OREGON ATTORNEY ASSISTANCE PROGRAM

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