

What type of procrastinator are you?

Think about the last few weeks. Tick one box per line: 0 rarely · 1 sometimes · 2 often · 3 very often. Add up each type (0-9). Your highest score is your main type.

The Overwhelmed Starter

I put things off because I don't know where to start. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Big projects sit untouched until I can see the whole plan. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I open a task, stare at it, then close it again. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Score ____ / 9

Try first: Write what "done" looks like in one sentence.

The Boredom Dodger

If a task is boring, I'll find almost anything else to do. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I can do hard things that interest me, but dull admin sits for weeks. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I wait until I'm "in the mood" before I start. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Score ____ / 9

Try first: Pair it with something you like: a playlist, a podcast, a nice drink.

The Perfectionist

I delay starting because I want to do it really well. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I worry about what people will think of the result. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I redo or rewrite the first part over and over. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Score ____ / 9

Try first: Aim for a bad first draft on purpose. You can only fix something that exists.

The Deadline Sprinter

I only really get going when the deadline is very close. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I tell myself I work best under pressure. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Deadlines more than a week away don't feel real. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Score ____ / 9

Try first: Set a personal deadline 1 to 2 days before the real one and put it in your calendar.

The Side-Quester

I start a task, then get pulled into something else. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I check my phone or messages "for a second" and lose half an hour. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I finish the day busy, but the important thing is untouched. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Score ____ / 9

Try first: Put your phone in another room for one 25-minute round.

The Overbooker

I have so much on that I can't pick one thing, so I do none. ☐ 0 ☐ 1 ☐ 2 ☐ 3

I say yes to things, then avoid all of them. ☐ 0 ☐ 1 ☐ 2 ☐ 3

My to-do list is so long that looking at it makes me freeze. ☐ 0 ☐ 1 ☐ 2 ☐ 3

Score ____ / 9

Try first: Pick 3 things for today, max. Everything else goes on a "not today" list.

Reading your scores: 0-3 rarely a snag · 4-6 sometimes · 7-9 your main pattern. Most people are a mix, and your type can change with the task. Get strategies, a free tool and an AI prompt for your type at adhdaiplaybook.com/tools/procrastination-test/
Self-reflection, not a diagnosis or a validated psychological test.