

# Dangerous situations and golden moments

## Introduction

It is often only afterwards that you realize that you have been putting things off. A guilty feeling arises, and at the same time you take on more tasks for the next work slot than originally planned. The resulting increase in workload can lead to more stress and therefore to further procrastination.

To become more aware of your own procrastination moments, you can use this worksheet to record in writing the situations in which you are most likely to procrastinate (dangerous situations). Then think about how you can consciously avoid these situations.

Furthermore, you can use the second table to write down the situations in which you can work/learn particularly well (golden moments). Please consider how you can consciously bring about these moments yourself.

## Instruction

Start with the left column in each case. First, write down your examples of your dangerous situations or your golden moments there. Then think about new strategies and write them down in the respective right column. One example is listed for each table.

<b>My dangerous situations: What keeps me from learning or working?</b>	<b>How do I avoid this situation?</b>
<ul style="list-style-type: none"><li>- e.g. deal with a mobile phone directly after waking up</li><li>-</li></ul>	<ul style="list-style-type: none"><li>- e.g. put mobile phone far away from the bed</li><li>-</li></ul>

<b>My golden moments: Under what circumstances do I learn or work well?</b>	<b>How do I intentionally create this situation?</b>
<ul style="list-style-type: none"><li>- e.g. learn in the university/ library</li><li>-</li></ul>	<ul style="list-style-type: none"><li>- e.g. plan in advance when I will go to university</li><li>-</li></ul>