

Task: _____

Date: _____

√	Obstacle	Strategy
	I don't understand the assignment.	
	I can't think of how to start the assignment.	
	I could probably do the assignment, but it will take a lot of work and just the thought of that hurts my brain.	
	The task is way too boring for me even to contemplate doing it.	
	This assignment is pointless. I would get nothing out of doing it.	
	The conditions for working aren't perfect—when they are, I'll get started.	
	I have way too many things to do and don't know how to prioritize my time.	
	It's going to take way too long, and I don't want to commit that amount of time.	
	There are other things I'd rather be doing that are more fun or more important to me.	
	Wait, what assignment? When I leave school at the end of the day I put school behind me (i.e., the cues that remind me to do schoolwork are missing).	
	The assignment isn't going to affect my grade so why bother	
	Perfectionism—I'm not going to start because I know I won't be able to do work that meets my (impossibly) high standard.	
	I'm stressed out about other things (either internal or external) and can't focus because of these preoccupations. I'll do better if I wait until my life calms down.	

	I'm too tired. I don't have the energy to do this now.	
	I don't <i>think</i> I can do it—because I've always failed in the past—so why should I try?	
	I'm so far behind now, I'll never catch up!	
	I don't want to do this because if I accomplish this, I'm scared of what comes next.	

This tool was created by Peg Dawson, Ph.D. and shared with permission by the author. Learn more about Peg Dawson's work at her website, [Smart But Scattered](#).