



The Antiprocrastination Pledge

I, _____, recognize my biggest cause of procrastination is:

_____.

Three things I can do to overcome this cause of procrastination are:

- 1.
- 2.
- 3.

Therefore, I pledge to be procrastination free!

Signed,

Name

Date

*And if I get off track I know there are resources available to help me such as the Julia N. Visor Academic Center.