

Handout 5.3: Hierarchy of Activities for Overcoming Procrastination

Rank goals for the week in order of difficulty, 1 being the most difficult and 10 being the least difficult. Leave a check mark by the days you worked on each goal. This worksheet will help you prioritize your to-do list so you can stay on track.

Hierarchy of Goals and Activities

Hierarchy of Goals and Activities									
	Most Challenging Goal	S	M	T	W	T	F	S	Progress Notes
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
	Least Challenging Goal								