

Habits of Mind: Juggling Life's Commitments



Journal Exercise:

Struggling with prioritization or balancing your commitments will not only have external (observable) consequences, but internal consequences as well.

- a) Take a piece of paper and make two columns. In one, brainstorm “external consequences” and in the other “internal consequences.”**
- b) Review your list.**
- c) In a journal entry, consider what you can learn from your list of consequences. This is an opportunity for taking stock and self reflection. Be kind to yourself.**
- d) Don’t be afraid to ask for support from counselors, teachers, friends, and family.**

(adapted from Procrastination: *Why You Do It, What to Do About It Now* by Jane Burka and Leonora Yuen)

Here is a sample list of consequences from the book, *Procrastination: Why You Do It, What To Do About It Now* by Jane Burka and Lenora Yuen. If you don't wish to brainstorm, you can look at this list and consider if any of these apply to you by circling them. Of course, you can add to the lists.

External Consequences

Monetary loss

Losing a job

Lowered grades

Incomplete academic or training program

Lost opportunities

Conflict with manager, co-workers

Decreased job responsibilities

Lowered credit rating

Tension with family or friends

Accidents or physical injury

Loss of friendship

Marital separation or divorce

Government penalties (e.g. tax fines, parking tickets)

Avoiding romantic relationships

Calls from creditors

Excess use of substances (e.g. alcohol, drugs)

Internal Consequences

Self-criticism

Embarrassment or shame

Anxiety, dread

Lack of concentration

Guilt

Inability to enjoy activities

Feeling of fraudulence

Tension, physical pain

Panic

Depression

Physical exhaustion, stress

Insomnia

Feeling isolated, alienated

Feeling incompetent

Feeling hounded by to-do list

Last minute "brain lock"