

The Procrastination Equation

Motivation =

$$\frac{\boxed{} + \boxed{} + \boxed{} + \boxed{}}{4} = \boxed{}$$

Expectancy Value Impulsiveness Delay

Rate each factor of the equation on a scale of 1 to 10 where 1 is very bad and 10 is very good.

Expectancy = confidence in your ability to succeed. How much do you expect you can do it?

Value = how much care about the task/behavior – i.e. perceived reward, value or pleasure in the task/behavior. How much will you enjoy doing the task or enjoy the reward from completing it?

Impulsiveness = sensitivity to delay. This is your tendency to get distracted and your ability to stay focused. The more impulsive you are the more you value immediate rewards over long-term rewards.

Delay = how long you must wait to realize the reward or completion task. The further away a task's reward or completion the lower the motivation.

If you want to procrastinate less, you need to increase your expectancy, increase the value of an activity or task, decrease your impulsiveness, and decrease the delay of the expected reward or completion.