

# HANDY DANDY MOTIVATIONAL CALCULATOR

THE WORKSHEET

WHAT ABOUT YOUR MOTIVATION?  
THINK OF A CONCRETE GOAL  
AND TAKE SOME NOTES...



THE SCIENCE OF SOLVING  
THE PROCRASTINATION  
EQUATION

M =

EXPECTANCY  
(CONFIDENCE)

VALUE  
(DESIRE)

IMPULSIVITY  
(DISTRACTION)

DELAY

WHICH VARIABLE DO YOU WANT  
TO WORK ON? THINK OF CREATING  
MICRO-GOALS, REDUCING  
DISTRACTIONS...

