

# **UN**PRODUCTIVE WORKSHEET



**Why we get stuck, make bad decisions,  
and blame our circumstances – and  
what we can do about it...**

Ineffectiveness is a skill. It's not easy to consistently struggle. It's just as challenging to be unproductive as it is to be effective. Becoming more productive is easier if you avoid the most common mistakes.

**Answer these questions to gain a better perspective of your situation.**

1. How do I define success? What would my life look like if I were successful?

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2. How long does it take me to make simple decisions? How do I currently make important decisions?

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3. How well do I stick with my decisions? Can I strengthen my persistence? How?

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4. When have I been too focused on the short-term? How has this influenced my life?

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5. How has procrastination hurt my ability to be productive?

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6. Do I maintain a positive outlook? How do I view my future?

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7. Do I demand perfection from myself? If so, how has it limited my life?

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