



## Are you in Productivity denial?

**1. On average, I spend more than 2 hours a day on Facebook and Twitter**

- Always
- Often
- Seldom
- Never

**2. I work on what I feel like and think I should do every day**

- Always
- Often
- Seldom
- Never

**3. I feel overwhelmed and stressed most days**

- Always
- Often
- Seldom
- Never

**4. I multitask a lot and jump from one task to another without finishing it**

- Always
- Often
- Seldom
- Never

**5. I spend a lot of time travelling and I don't do anything with that time**

- Always
- Often
- Seldom
- Never

**6. I check my email every 15 minutes**

- Always
- Often
- Seldom
- Never

**7. When I am working, I am distracted every ten minutes by something**

- Always
- Often
- Seldom
- Never



**8. When I finish the day I don't feel like I have accomplished much**

- Always
- Often
- Seldom
- Never

**9. I attend meetings I don't really need to be at and I don't prepare for them**

- Always
- Often
- Seldom
- Never

**10. I spend a lot of time looking for files, notes, etc**

- Always
- Often
- Seldom
- Never

**Add up how many you answered:**

- Always \_\_\_\_\_
- Often \_\_\_\_\_
- Seldom \_\_\_\_\_
- Never \_\_\_\_\_

Add up how many "always" and "often"s you have \_\_\_\_\_

Add up how many "seldom"s and "nevers" you have \_\_\_\_\_

*If you have more "always" and "often"s than "seldoms" and "never"s, you should consider making behavioral changes to accomplish more and feel better on a daily basis!*