**CSE 310—Applied Programming**

**W09 Prove – Continuous Improvement - Procrastination**

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| **Name:** |  |
| **Date:** |  |
| **Teacher:** |  |

After watching the video “Inside the Mind of a Master Procrastinator”, ponder and then answer the following two questions (minimum 100 words for each question).

Question 1 – Make a list of specific triggers that cause the “Instant Gratification Monkey” to appear in your mind when you are trying to complete a task for either school, work, church, or home. It would be useful to keep a journal for a few days to write down every time you observe procrastination occurring. Identify a “small and simple” goal to respond to the “Instant Gratification Monkey” for one of those triggers.

Question 2 – What can you do in one of your Sprints to allow the “Panic Monster” to be more helpful early in the project instead of the day before the assignment is due?