

Participant code: _____

GPS-9

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements. There are no "correct" or "incorrect" answers. Answer according to your own feelings, rather than how you think "most people" would answer.

1 False	2 Not usually true for me	3 Sometimes false/true for me	4 Mostly true for me	5 True of me	
1. I often find myself performing tasks that I had intended to do days before.	1	2	3	4	5
2. Even with jobs that require little else except sitting down and doing them, I find they seldom get done for days.	1	2	3	4	5
3. I generally delay before starting work I have to do.	1	2	3	4	5
4. In preparing for some deadlines, I often waste time by doing other things.	1	2	3	4	5
5. I often have a task finished sooner than necessary.	1	2	3	4	5
6. I usually buy even an essential item at the last minute.	1	2	3	4	5
7. I usually accomplish all the things I plan to do in a day.	1	2	3	4	5
8. I am continually saying I'll do it tomorrow.	1	2	3	4	5
9. I usually take care of all the tasks I have to do before I settle down and relax for the evening.	1	2	3	4	5

Scoring: Reverse code items 5, 7, and 9; then take the average of all items for the total score.