



Name \_\_\_\_\_

## Procrastination Spiral

**Directions:** Read the story carefully. Identify the **first cause** (the main decision) and then track how it leads to a chain of effects. Fill in the Cause & Effect Chain with at least **four links**.

### The Project That Waited Too Long

Eli had three weeks to finish his history project, but he told himself there was “plenty of time.” Instead of starting early, he spent his afternoons hanging out with friends, watching shows, and scrolling through his phone. Each day he promised himself he’d begin tomorrow.

The night before the deadline, Eli finally opened his laptop. Panic set in as he realized the project was more complicated than he expected. He stayed up past midnight rushing through research, barely organizing his slides. The next morning, he overslept, forgot to print his notes, and stumbled into class half-awake.

When it was his turn to present, Eli’s voice cracked from nerves. His slides were sloppy, and he skipped entire sections. The teacher gave him a disappointing grade and reminded the class about the importance of planning ahead. Eli sat back in his chair, wishing he had made different choices weeks earlier.

**Cause (the main decision):**

\_\_\_\_\_

**Effect #1:**

\_\_\_\_\_

**Effect #2:**

\_\_\_\_\_

**Effect #3:**

\_\_\_\_\_

**Final Effect/Outcome:**

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