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## **How Lazy Are You? – Self-Assessment Quiz**

### **Instructions:**

Answer each question honestly and calculate your score at the end to find out your "laziness level."

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### **1. How do you approach tasks that require effort?**

- A. I finish them immediately.
  - B. I wait until the last moment.
  - C. I try to avoid them altogether.
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### **2. How often do you procrastinate on important tasks?**

- A. Rarely, I stay on top of things.
  - B. Sometimes, when I feel overwhelmed.
  - C. Almost always, I can't seem to get started.
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### **3. Do you create daily or weekly to-do lists?**

- A. Yes, and I stick to them.
- B. Yes, but I don't always follow through.
- C. No, I don't bother with lists.

An advertisement banner for Dr. Ashish Pathak. It features a stylized illustration of a person sitting at a desk with a laptop. To the right of the illustration, the text reads "Dr. Ashish Pathak" in a large, bold, yellow font, with the website "www.edumentorashish.com" in a smaller, white font below it.

**Dr. Ashish Pathak**  
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### **4. How do you feel about deadlines?**

- A. I meet them without stress.
  - B. I meet them, but only after stressing out.
  - C. I often miss them or submit work late.
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### **5. How do you spend your free time?**

- A. Doing productive activities like reading or exercising.
  - B. A mix of productive and unproductive activities.
  - C. Mostly scrolling on social media or binge-watching shows.
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### **6. When faced with a challenging task, you...**

- A. Break it down and start working.
- B. Feel anxious but eventually do it.
- C. Avoid it and hope it goes away.

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### 7. Do you get distracted while working?

- A. Rarely, I stay focused.
  - B. Sometimes, I get sidetracked by my phone or other things.
  - C. Often, I lose focus quickly and end up doing something else.
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### 8. How do you feel after procrastinating?

- A. I don't procrastinate, so I feel fine.
  - B. Guilty and stressed but still do it.
  - C. I feel bad but can't change the habit.
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### Scoring

Give yourself points based on your answers:

- **A = 3 points**
- **B = 2 points**
- **C = 1 point**

### Results

#### **21–24 points: Highly Productive**

Congratulations! You're proactive and manage your time effectively. Keep up the great work!

#### **15–20 points: Moderate Procrastinator**

You have a good balance but tend to procrastinate occasionally. Focus on improving your time management skills.

#### **8–14 points: Chronic Procrastinator**

You struggle with laziness and procrastination. It's time to take actionable steps to overcome these habits. Start small and build momentum!