

# STORM the Problem

Do you find yourself really wanting to get something done, but just can't seem to get started? When we take a deeper look underneath procrastination, we can find the REAL obstacles getting in our way. Use this tool to STORM the problem to find out what is REALLY keeping you stuck.

easy	1	2	3	4	5	6	7	8	9	10	hard
short	1	2	3	4	5	6	7	8	9	10	long
simple	1	2	3	4	5	6	7	8	9	10	complex
know what to start on	1	2	3	4	5	6	7	8	9	10	don't know what to start on
don't need help	1	2	3	4	5	6	7	8	9	10	need help
interesting	1	2	3	4	5	6	7	8	9	10	boring
important	1	2	3	4	5	6	7	8	9	10	not important
willing to do	1	2	3	4	5	6	7	8	9	10	not willing to do
Other_____	1	2	3	4	5	6	7	8	9	10	Other_____