

## **Interview Questions for the media to ask re SPN/Procrastination**

Is procrastination becoming more prevalent, and if so, why?

If someone procrastinates, doesn't it mean they're lazy?

Is there a typical personality profile for a procrastinator?

Can procrastination sometimes be a good thing?

Tell me more about "Procrastivity".

How do you know whether it's a good idea or not to procrastinate? What separates productive from destructive procrastination?

Does becoming more productive and ending procrastination require adherence to a rigid system that takes a lot of time, effort, and struggle? Won't it kill spontaneity and creativity?

Sometimes I find a good technique but then I revert back to old habits. How do I stop myself from doing that?

How can anyone listening find out more about procrastivity?