

CHECKLIST 6

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I have good and bad days. Sometimes I feel completely on top of things; other days, it all seems a bit of a mess.	<input type="checkbox"/>
I struggle to stay motivated, even though I know this is a course that interests me.	<input type="checkbox"/>
I hate the deadlines: they always seem to catch me unawares, even though I know I am working hard.	<input type="checkbox"/>
I look around and think that everyone is getting on better than me, but I cannot see what they are doing differently.	<input type="checkbox"/>
I mostly find my course interesting, but I never seem to get the time to enjoy it properly.	<input type="checkbox"/>
The pressure never seems to lift; I am always racing from one thing to the next, always feeling that I am not quite making it.	<input type="checkbox"/>
There is so much that I want to do, but there never seems to be enough time to do it.	<input type="checkbox"/>
I often feel that I am neglecting something, either my job, or my studies, or my family.	<input type="checkbox"/>
I often wake up early worrying about the amount I have to do, so then I get up and work on something.	<input type="checkbox"/>
I struggle to complete anything. I start one thing, and then realise another thing is more important, so I have to move on to that.	<input type="checkbox"/>
I thought there would be more to studying than this: there is so much more I would like to do, but there is no time.	<input type="checkbox"/>