

1. How often do you delay starting tasks until the last minute?

- Often
- Sometimes
- Rarely

2. When faced with a deadline, how likely are you to start working on the task immediately?

- Often
- Sometimes
- Rarely

3. Do you find yourself making excuses to avoid starting tasks?

- Often
- Sometimes
- Rarely

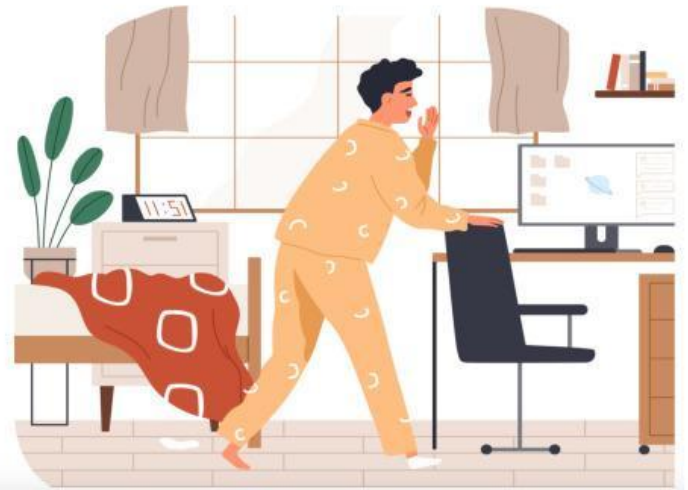
4. How often do you underestimate the time needed to complete a task?

- Often
- Sometimes
- Rarely

5. Do you often find yourself feeling overwhelmed by the number of tasks you need to complete?

- Often
- Sometimes
- Rarely

Read each statement below and
choose the option that best
describes you



Dragging your feet really hurt my productivity last week. I kept putting off that big project, and now I'm overwhelmed with work.

I thought **kicking the can down the road** would give me more time to prepare, but it just made everything pile up. Now I'm rushing to finish everything.

I was **stalling for time** by doing minor tasks instead of focusing on the main project. In the end, I didn't get much done at all.

My **dilly-dallying** led to a serious **last-minute rush** to meet my deadline. I wish I had started earlier instead of wasting time.

After procrastinating for days, I decided to **cut it loose** and just dive into the work. Surprisingly, I got more done in a few hours than I had all week.

When my **back was against the wall**, I finally stopped procrastinating and pushed through the workload. The pressure actually helped me finish everything on time.

Procrastination can be tricky. Sometimes, that **last-minute rush** boosts my creativity, but most of the time, **dragging my feet** just leaves me stressed out and unprepared.

Check the expressions in bold

(procrastinating)

(postponing the task)

(delaying)

(wasting time) / **(final scramble)**

(stop hesitating)

(facing pressure)

(final push) / **(delaying)**



Read each sentence and choose the correct meaning of the idiom.

1. Stop **dragging your feet** and start working on that project!

- a. To delay or hesitate in taking action.
- b. Running swiftly to catch up with someone.
- c. Walking quickly with purpose, as if your feet are being dragged along by an invisible force.

2. We can't keep **kicking the can down the road**. We need to address this issue now.

- a. Delaying making a decision or taking action on a problem by literally kicking a can away from oneself.
- b. Politely asking someone to move a can out of the way by kicking it.
- c. To postpone dealing with a problem or making a decision, often repeatedly.

3. He's just **stalling for time**; he needs to make a decision and stick to it.

- a. Engaging in activities like cleaning to intentionally delay starting a task or meeting.
- b. To delay or procrastinate in order to gain extra time to consider or prepare.
- c. Delaying a trip to the restroom by pretending to be occupied with other tasks.

4. Stop **dilly-dallying** and get to work on your presentation.

- a. Playing a musical instrument in a leisurely manner instead of attending to important tasks.
- b. To waste time or procrastinate by idly or aimlessly doing unimportant tasks.
- c. Wasting time by engaging in many activities.

5. I submitted my application just before the deadline; I was **cutting it close**.

- a) Completing something just before it's too late.
- b) Making precise cuts in a piece of fabric without measuring.
- c) Rushing to complete a task without considering the quality of it.

6. I always end up in a **last-minute rush** to complete my assignments.

- a. A race to be the last person to arrive at a meeting or event.
- b. Doing something hastily just before it is due.
- c. A competition to complete tasks as quickly as possible.

7. With the deadline approaching, I felt like my **back was against the wall**.

- a. Being in a situation where one has no choice but to act.
- b. Indicates having plenty of options and flexibility in a given situation.
- c. Describes a situation where someone is feeling relaxed and stress-free

Read the dialogue between two students and fill in the gaps with the idioms from the today's lesson.

Emily: Hey, Tom, have you finished that school project yet? The deadline is tomorrow.

Tom: Oh, not yet, Emily. I've been 1) _____ on it, to be honest.

Emily: You can't keep 2) _____, Tom. We need to submit it on time.

Tom: I know, but I've been 3) _____, hoping I'll have a breakthrough.

Emily: Stop 4) _____! Your 5) _____ now. We have to submit it tomorrow, no excuses.

Tom: I'm aware of that. I'm cutting it close, but I'll get it done.

Emily: You always leave things to the last minute. It's like you thrive on the 6) _____.

Tom: I guess I do. But this time, I'm feeling the pressure more than ever.

Emily: Well, it's time to face reality, Tom. We can't afford any more delays.

Tom: I know, I know. I'll put an end to my procrastination habits once and for all.

Emily: Let's hope so. We don't want this project to be a disaster.

Tom: Don't worry, Emily, I'll make sure it's not. I'll work on it all night if I have to.

Emily: That's the spirit. Just make sure you don't leave it to the last minute again.

Tom: Agreed. From now on, I'll manage my time better and avoid 7) _____.

Emily: Good. Let's get started right away. We have a lot of work to do.



1. I tend to **drag my feet** when it comes to
2. I sometimes **kick the can down the road** by ...
3. When I need to **stall for time**, I usually end up .
4. My tendency to **dilly-dally** usually affects ...
5. ... often results in a **last-minute rush** to meet deadlines.
6. I find that when I finally decide to **cut it loose** and tackle a task, it usually happens when
7. When my **back is against the wall**, I often have to
8. I notice that I tend to **drag my feet** on ...

