

B	I	N	G	O
Underestimating how long tasks take	Avoiding difficult tasks	Avoiding difficult tasks	Missing deadlines	Spending too much time on unimportant tasks
Poor or no planning	Getting distracted easily	Underestimating how long tasks take	Procrastinating	Avoiding difficult tasks
Spending too much time on unimportant tasks	Trying to do too many things at once	FREE	Waiting until the last minute to start work	Being disorganized
Not setting priorities	Not taking breaks (leading to burnout)	Trying to do too many things at once	Not taking breaks (leading to burnout)Procrastinating	Spending too much time on unimportant tasks
Not setting priorities	Missing deadlines	Poor or no planning	Being disorganized	Poor or no planning

B	I	N	G	O
Poor or no planning	Not taking breaks (leading to burnout)Procrastinating	Avoiding difficult tasks	Underestimating how long tasks take	Being disorganized
Spending too much time on unimportant tasks	Not setting priorities	Being disorganized	Not taking breaks (leading to burnout)	Underestimating how long tasks take
Waiting until the last minute to start work	Avoiding difficult tasks	FREE	Procrastinating	Poor or no planning
Poor or no planning	Not taking breaks (leading to burnout)	Getting distracted easily	Missing deadlines	Procrastinating
Spending too much time on unimportant tasks	Trying to do too many things at once	Being disorganized	Spending too much time on unimportant tasks	Getting distracted easily

B	I	N	G	O
Spending too much time on unimportant tasks	Poor or no planning	Poor or no planning	Avoiding difficult tasks	Not setting priorities
Avoiding difficult tasks	Not taking breaks (leading to burnout)Procrastinating	Getting distracted easily	Underestimating how long tasks take	Being disorganized
Waiting until the last minute to start work	Waiting until the last minute to start work	FREE	Getting distracted easily	Avoiding difficult tasks
Spending too much time on unimportant tasks	Procrastinating	Missing deadlines	Waiting until the last minute to start work	Poor or no planning
Being disorganized	Spending too much time on unimportant tasks	Not taking breaks (leading to burnout)	Missing deadlines	Being disorganized