



## I ALWAYS PROCRASTINATE

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### PDF 2 – Grok's Reply & Speaking

#### Grok's Fun Reply Letter

Dear Mia,

Haha, welcome to the club! 😂 We all do it.

My advice:

1. Use the “5-minute rule”: Just start for 5 minutes. Often you continue.
2. Put your phone in another room when you study.
3. Make a “Procrastination Jar” — every time you say “later”, put money in it. Use the money to buy something nice when you finish tasks.

You can beat procrastination. Start small and celebrate every win!

Your friend, Grok

#### Speaking Activities

##### Activity 1 – Quick Discussion (5 min)

1. Is Grok's advice good or funny?
2. What is the thing you procrastinate most?
3. Why do people procrastinate?

##### Activity 2 – Role Play (8–10 min)

**Student A** = Mia (procrastinating)

**Student B** = Friend (trying to help)



##### Example:

A: I'll do my homework later...

B: No! Just start now for 5 minutes!

Swap roles and perform.

##### Activity 3 – Would you rather...

- Always procrastinate or never have free time?
- Have lots of motivation or lots of time?