



PROCRASTINATION

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ESSENTIALISM

LIMIT WHAT YOU HAVE ON YOUR PLATE.



PROCRASTINATION

YOU STILL DO NOT FEEL LIKE EATING.

WHY DO WE PROCRASTINATE?

PERFECTIONISM

- People will judge this work ...
 - ... and me based on this work.
- It better be perfect!

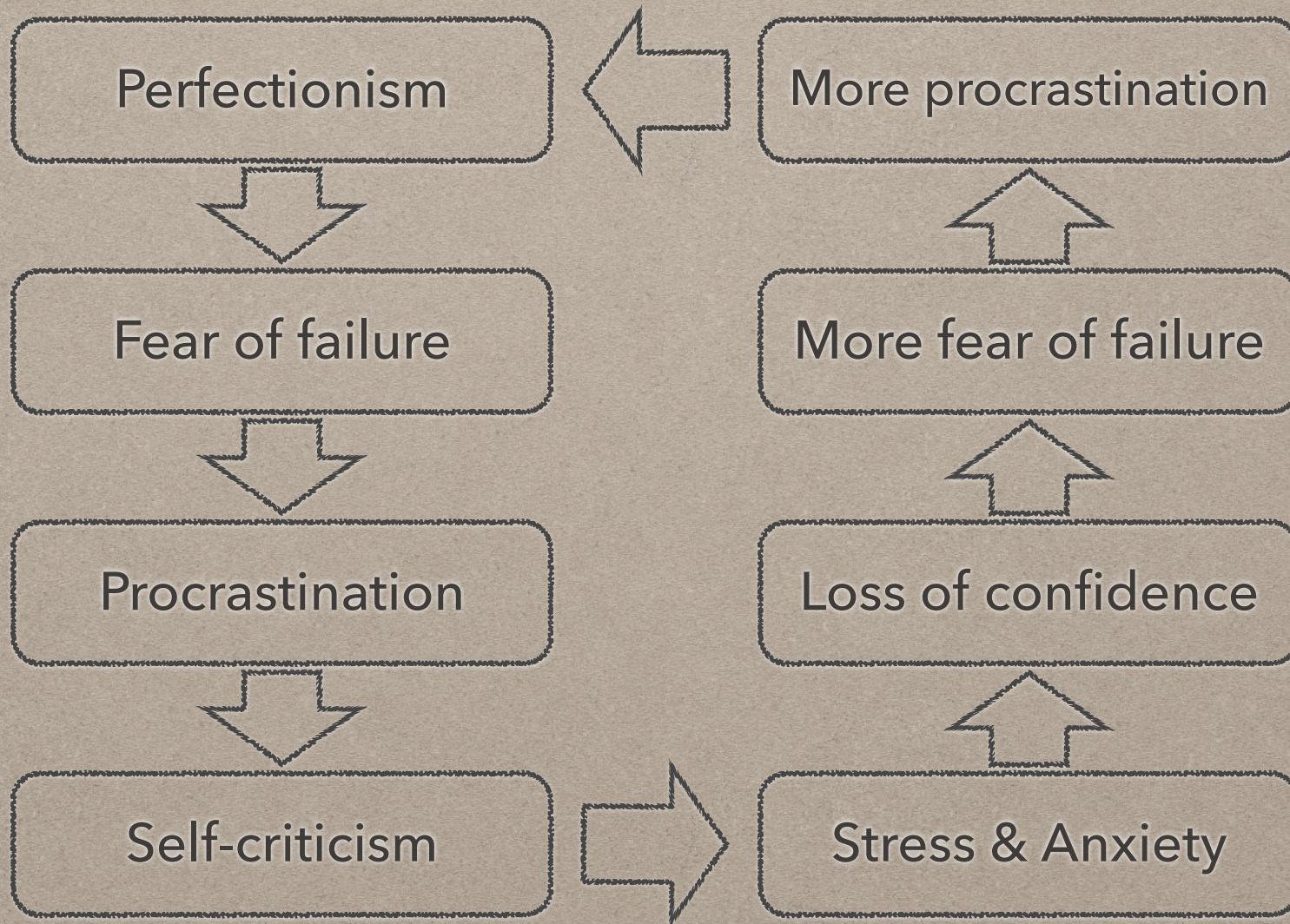
FEAR OF ...

- Failure
- Success
- Conflict
- Judgement

REWARDS

- Work is painful
- Work might be completed by someone else
- Work becomes unnecessary
- Difficult decisions will be made for you
- Indirect way of resisting pressure from authorities

PROCRASTINATION CYCLE



WALK A BOARD METAPHOR

Situation A

- 30 cm wide
- 20 m long
- On the ground

Easy to walk, even run!



WALK A BOARD METAPHOR

Situation B

- Same as A
- Only 100 m high this time!

Now, this is scary! :)



WALK A BOARD METAPHOR

Situation C

- Same as B,
- Building on fire.

This time, it's for real!

Fear of failure goes away.

Fear of imperfection goes away.

Focus on solution not worry.



PROCRASTINATOR'S PATTERN

- Raise the board
 - Perfectionism
- Get frozen
 - Fear of failure, ...
- Set building on fire
 - Increase urgency/threat bigger than fear of failure
- Move!

BREAKING THE PATTERN

- Situation D
 - Same as B, no fire, *support net*
 - Can be OK with a bit of practice
- Support net
 - It's OK to be imperfect
 - It's OK to fail
 - You can always recover
 - Sense of worth

REFERENCE

- "The Now Habit", Neil Fiore