

Window and Clock - Musée d'Orsay, Derek Key, flickr.com

Procrastination

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Eritrean platter at London restaurant, secretlondon123 flickr.com

Essentialism

LIMIT WHAT YOU HAVE ON YOUR PLATE.



Fancy Setup Huh? Mack Male, flickr.com

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!

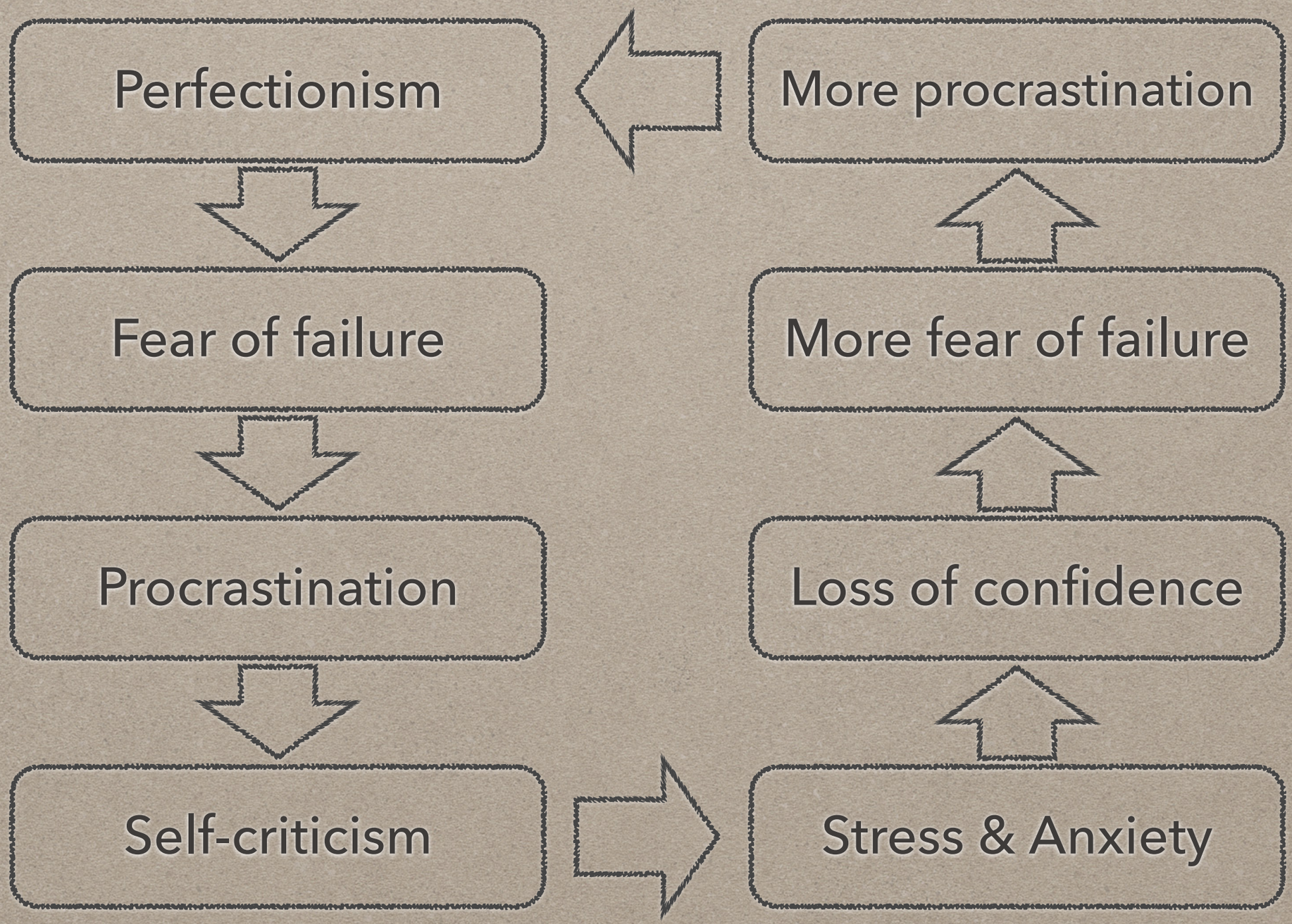
Fear of ...

- 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