PROCRASTINATION

YASHAR GANJALI, UNIVERSITY OF TORONTO
ESSENTIALISM

LIMIT WHAT YOU HAVE ON YOUR PLATE.
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
Perfectionism → Fear of failure → Procrastination → Self-criticism

More procrastination → More fear of failure → Loss of confidence → Stress & Anxiety
**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! :)
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