Think it, do it.

whether or not you have all the ideal skills to do it. Don’t live life as if it will last forever. Don’t live your whole life on the left side of the comma.

This site compiles a series of steps that I have taken since the beginning of the year to become a more valuable employee while maintaining a life work balance. Since 2018 my employer has been investing in each employee to increase their digital skill level. 6 hours each week equates to ~ 8 weeks of opportunity! Through this time, I can learn the latest digital skills, how the company is competing in the marketplace and how we can innovate to deliver the most value.

I have been taking some classes and I have participated in a couple of projects here and there, but I hadn’t been able to change my mind set to stay committed to a path. Slowly gradually I stumbled into a few resources that have become my guide to a more focus and fruitful learning journey.

1. [Inside the mind of a master procrastinator](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator) a hilarious Ted Talk by Tim Urban that takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window -- and encourages us to think harder about what we're really procrastinating on, before we run out of time.
2. [The Now Habit](https://www.getabstract.com/ShowAbstract.do?dataId=31374&u=fidelity) – With Neil A. Fiore’s book you will learn why you procrastinate, how it serves you, and how to start taking charge of your life and time.
3. [Discipline Equals Freedom: Field Manual](https://www.amazon.com/Discipline-Equals-Freedom-Field-Manual/dp/1250156947) - Jocko Willink describes the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life.  I am using the audio format. His voice has come into my mind at times when I am making excuses or don’t want to take action.

 After reviewing these materials, I have been more focus and committed to become a Front-end Developer.  At the beginning of May, I enrolled in the [Web Design for Everybody Coursera Specialization](https://www.coursera.org/specializations/web-design), which covers how to write syntactically correct HTML5 and CSS3, and how to create interactive web experiences with JavaScript. I have completed 4 out of 5 classes and I currently working on creating this website for my portfolio.  I’m excited to be learning new skills that will open employment opportunities.

The Now Habit

Psychologist Neil A. Fiore’s believes procrastination is an outdated habit used to protect yourself from fear of failure and self-criticism. Fiore offers examples, strategies and concrete exercises to help you escape the anxiety, unhappiness and alienation that result from procrastination. Learn why you procrastinate, how it serves you and how to start taking charge of your life and time.

**Take-Aways**

* Procrastination acts like a phobia: you avoid tasks you see as threats to your worth. Equating your worth to your work makes you vulnerable to procrastination.
* To conquer procrastination, separate your worth from your work. Be safe with yourself, regardless of criticism. Select ”I choose to start,” not “I have to finish.”
* To detach from procrastination’s “insidious cycle,” recognize the five stages that produce it and its associated anxiety. Procrastination’s issues lead to workaholism, being overwhelmed and perfectionism.
* Tech advances (computers, cellphones) offer procrastinators compelling distractions.
* Understand the value of time off – vacations, exercise. Schedule legit “guilt-free play” so your unconscious, dreaming mind can make creative leaps in problem solving.
* Choosing to start a task doesn’t require your ego to feel confident, motivated or to all-knowing. Choosing to start is an executive brain decision of your higher, mature Self.
* The “Unschedule” creates an unconscious drive to start work sooner, since you have protected leisure. Life is not just to-do lists and obligations. It’s like a time clock you punch for 15 to 30 minutes of quality focused work, so you see progress.
* To overcome procrastination, choose when to start for 15 to 30 minutes and on what to start, giving your body and brain clear leadership messages. Managing procrastinator requires such statements.
* Replace “You have to finish all of this work perfectly” with “Choose when to start; have a draft by 4 p.m.” Give procrastinators positive feedback on their progress, not overwhelming distant deadlines.

**Discipline is freedom**

Every time I start a new goal, I do it with enthusiasm and conviction that I will stay with it. Only weeks into the work I often find myself trapped in the difficulties of life, sickness, taking care of my family, a last-minute urgent work request, that ends up stealing my will to stay with my goal and leaves me feeling defeated.

This book has been the military voice I was looking for to motivate me and help me stay with my learning process. Each chapter is a small dose of wisdom that helps you reflect on your decisions. I bought the audio book and now Jocko Wilink speaks inside my head and commands me to never give up, to keep training, to stop wining and just to the job.

Here is Amazon’s description of the book

Jocko Willink's methods for success were born in the SEAL Teams, where he spent most of his adult life, enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq. In *Discipline Equals Freedom*, the #1 *New York Times*bestselling coauthor of *Extreme Ownership* describes how he lives that mantra: the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life. Many books offer advice on how to overcome obstacles and reach your goals―but that advice often misses the most critical ingredient: discipline. Without discipline, there will be no real progress. *Discipline Equals Freedom*covers it all, including strategies and tactics for conquering weakness, procrastination, and fear, and specific physical training presented in workouts for beginner, intermediate, and advanced athletes, and even the best sleep habits and food intake recommended to optimize performance.

Within these pages discover the keys to becoming stronger, smarter, faster, and healthier. There is only one way to achieve true freedom: The Way of Discipline. Read this book and find The Way.

Procrastination

Well, it turns out that there's two kinds of procrastination. Everything I've talked about today, the examples I've given, they all have deadlines. And when there's deadlines, the effects of procrastination are contained to the short term because the Panic Monster gets involved. But there's a second kind of procrastination that happens in situations when there is no deadline. So if you wanted a career where you're a self-starter -- something in the arts, something entrepreneurial -- there's no deadlines on those things at first, because nothing's happening, not until you've gone out and done the hard work to get momentum, get things going. There's also all kinds of important things outside of your career that don't involve any deadlines, like seeing your family or exercising and taking care of your health, working on your relationship or getting out of a relationship that isn't working.

Now if the procrastinator's only mechanism of doing these hard things is the Panic Monster, that's a problem, because in all of these non-deadline situations, the Panic Monster doesn't show up. He has nothing to wake up for, so the effects of procrastination, they're not contained; they just extend outward forever. And it's this long-term kind of procrastination that's much less visible and much less talked about than the funnier, short-term deadline-based kind. It's usually suffered quietly and privately. And it can be the source of a huge amount of long-term unhappiness, and regrets. And I thought, that's why those people are emailing, and that's why they're in such a bad place. It's not that they're cramming for some project. It's that long-term procrastination has made them feel like a spectator, at times, in their own lives. The frustration is not that they couldn't achieve their dreams; it's that they weren't even able to start chasing them.

Now, I want to show you one last thing. I call this a Life Calendar. That's one box for every week of a 90-year life. That's not that many boxes, especially since we've already used a bunch of those. So I think we need to all take a long, hard look at that calendar. We need to think about what we're really procrastinating on, because everyone is procrastinating on something in life. We need to stay aware of the Instant Gratification Monkey. That's a job for all of us. And because there's not that many boxes on there, it's a job that should probably start today.