

# PROCRASTINATION

## ARTUR BADRETDINOV





# ABOUT ME

- > ARTUR BADRETDINOV
- > MASTER OF SOFTWARE ENGINEERING, INNOPOLIS
- > GOOGLE DEVELOPER EXPERT
- > DIRECTOR OF ANDROID ENGINEERING @ SQUIRE
  - > 20+ TALKS LAST 2 YEARS
  - > 20+ COUNTRIES VISITED LAST
    - > 1 WIFE, 1 CHILD
  - > 9 HOURS OF SLEEP PER DAY

A photograph of a person rappelling down a very tall, light-colored concrete wall. The person is wearing a red helmet, a striped long-sleeved shirt, and dark pants. They are holding onto a rope with one hand and have their other arm extended forward. The wall has some vertical streaks and a small triangular warning sign near the top right. The background shows more of the wall and some blue structures at the bottom.

# BEGINNING

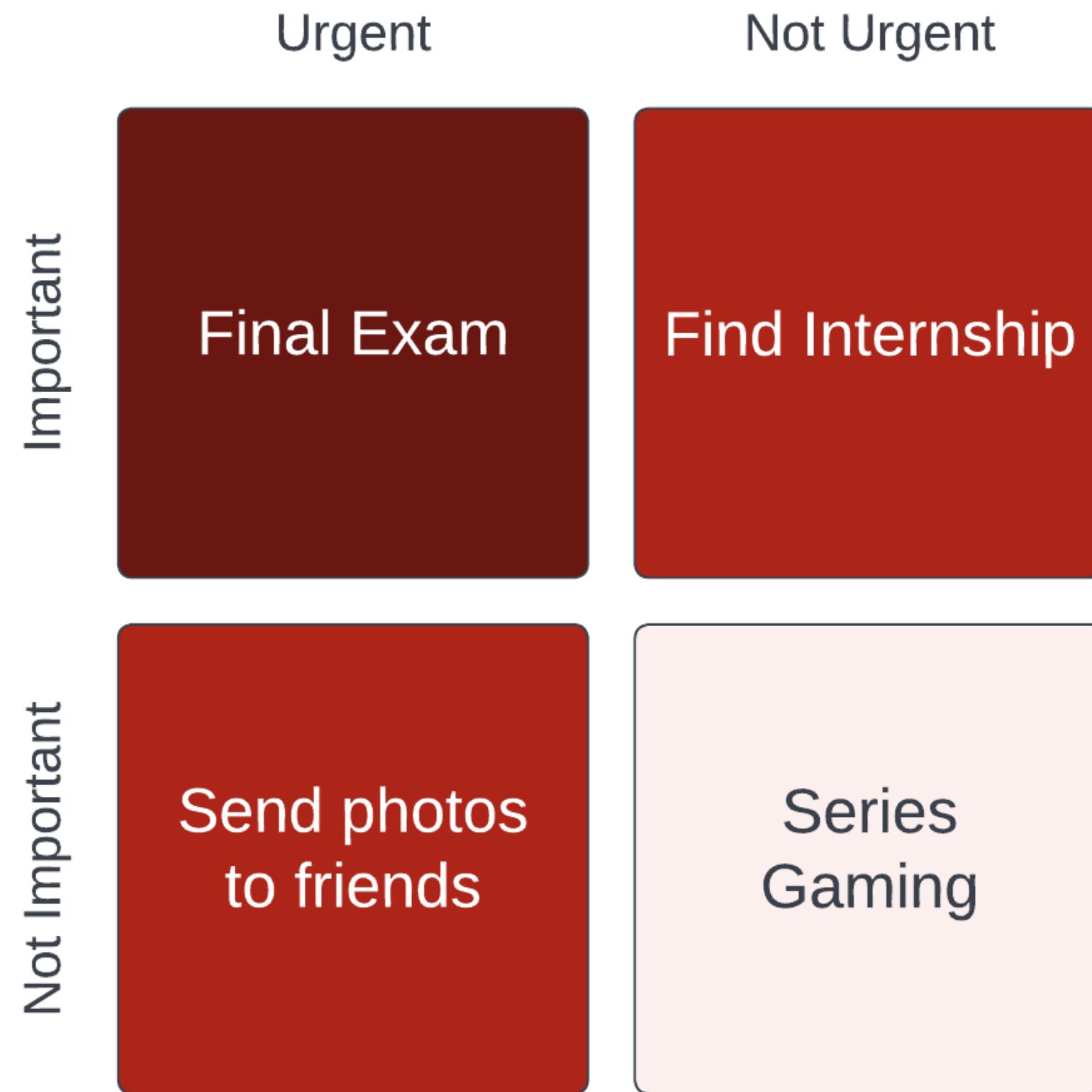
# ACTIVITIES

Social Dancing  
Ropejumping  
University  
Café  
"The Big Bang Theory"  
Cleopatra  
Gaming  
Mother?  
"House M.D."  
Friends  
Twinkling  
Gym  
World of Tanks  
Dates  
Series  
"Now what?"  
Gaming  
Mother?  
"House M.D."  
Friends  
Twinkling  
Gym  
World of Tanks  
Dates  
Series

# GOALS!

**GOALS!  
DEADLINES**





# WRITE-ONLY

- > DATABASE
- > CODE
- > NOTES
- > GOALS...

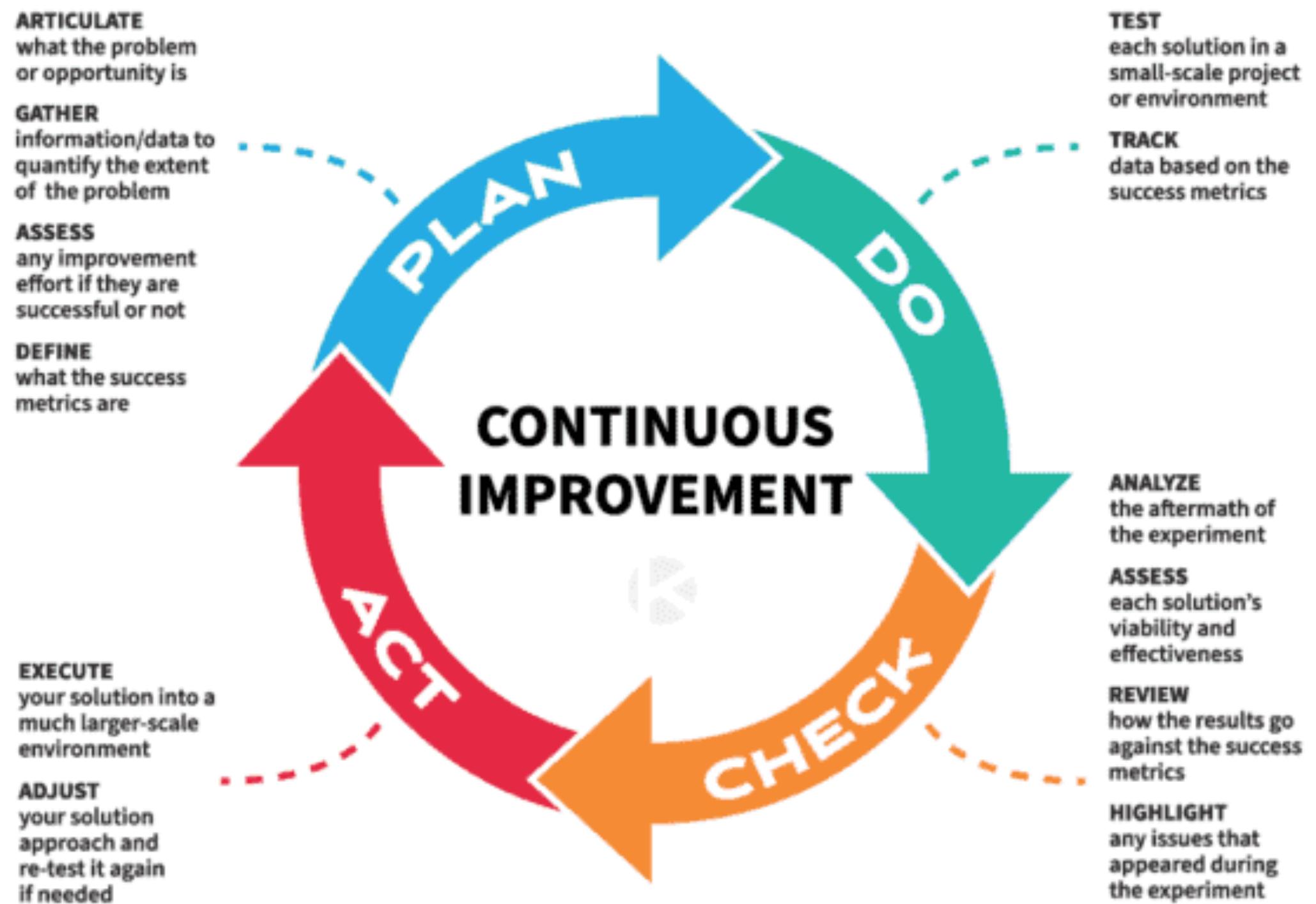
# AGILE RESULTS

- > PLAN
- > EXECUTE
- > RETROSPECT
- > DAY
- > WEEK
- > MONTH
- > YEAR

# CORE PRACTICES OF AGILE RESULTS

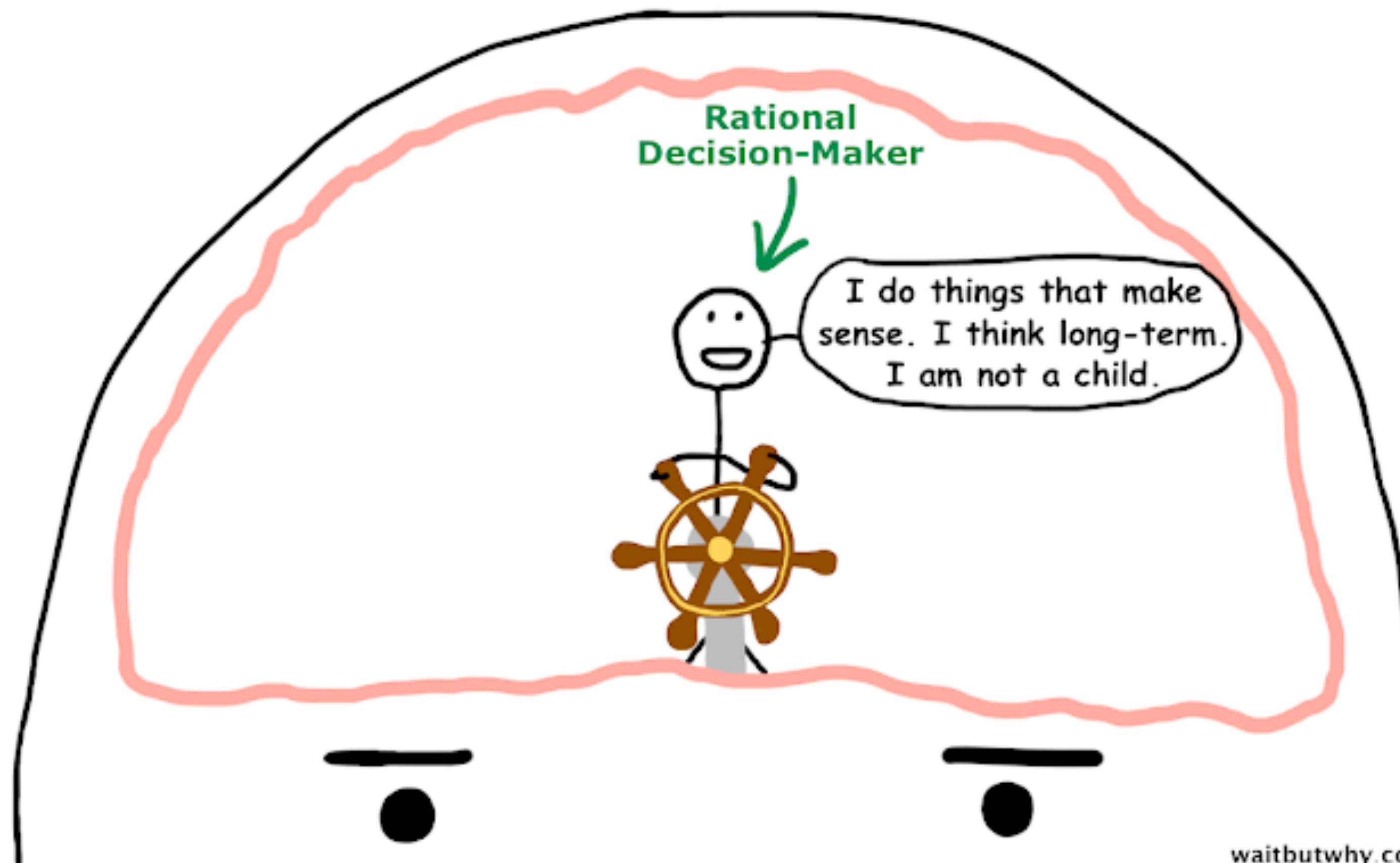
- > THE RULE OF 3
- > TIMEBOXING
- > TRIAGE
- > REMAINING 9

# The PDCA Cycle

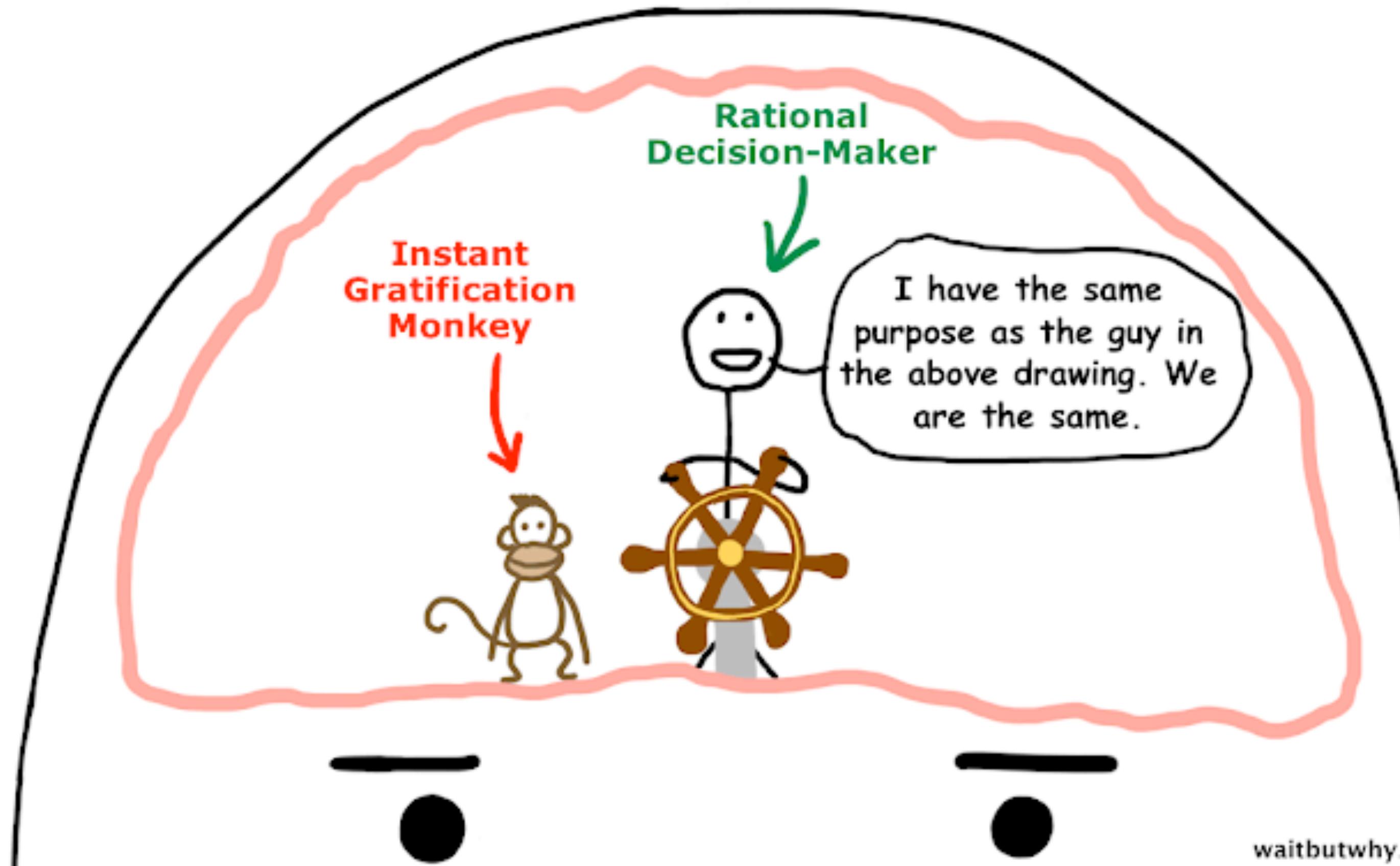


# PROCRASTINATION

# Non-Procrastinator's Brain



# Procrastinator's Brain

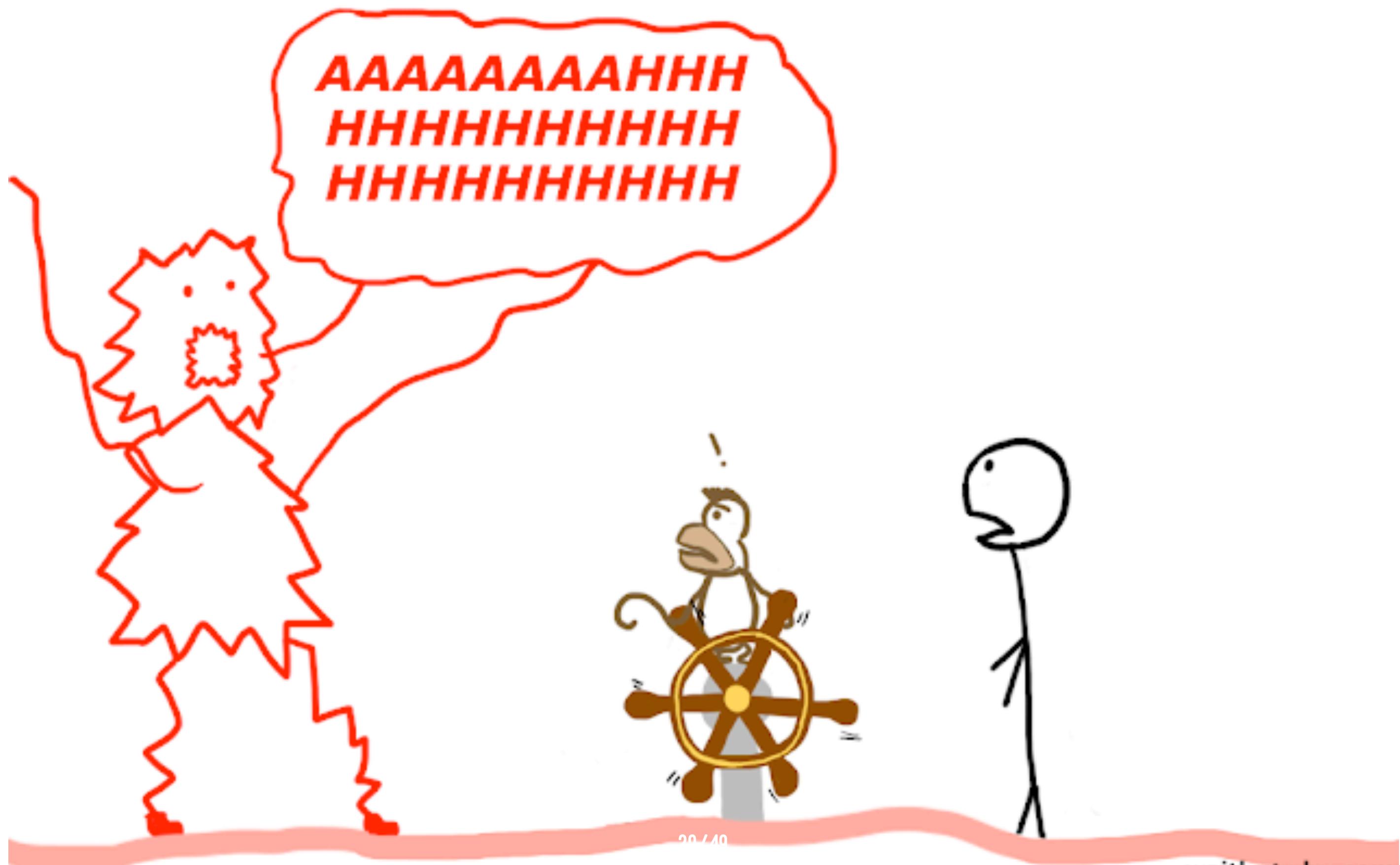


This is a perfect time  
to get some work done.

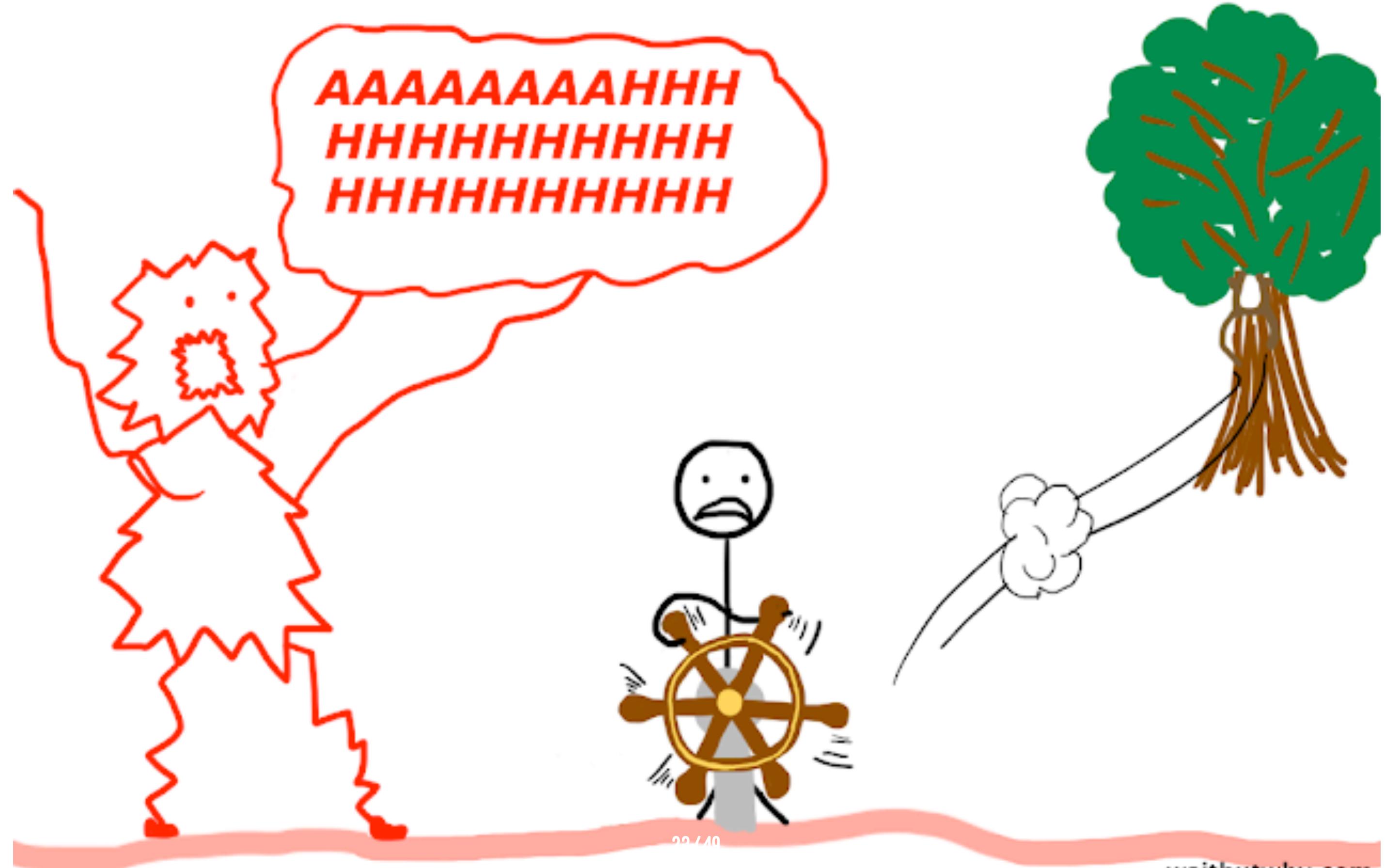
Nope!

Let's watch a bunch of YouTube videos on creatures of the deep sea and then go on a YouTube spiral that takes us through Richard Feynman talking about String Theory and ends with us watching interviews with Justin Bieber's mom!









# WAIT BUT WHY BLOG

WHY PROCRASTINATORS PROCRASTINATE

HOW TO BEAT PROCRASTINATION

WHY GENERATION Y YUPPIES ARE UNHAPPY

HOW TO PICK LIFE PARTNER



# DISTRACTORS

- › EXTERNAL
- › INTERNAL

# EXTERNAL DISTRACTORS

- > NOTIFICATIONS
  - > ADS
- > NEWS FEEDS
- > COLLEAGUES
- > FAMILY
- > HUNGER

# NOTIFICATIONS

- TURN THEM OFF!
- WHITELIST IF NEEDED
- CHECK OUT FROM TIME TO TIME

**ADBLOCK - NOT  
ONLY FOR ADS!**



## Tim Urban: Inside the mind of a master procrastinator | TED

48,101,515 views Apr 6, 2016 Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last min ...more

1.7M Dislike Share Clip Save ...

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The worst thing is when the deadlines doesn't scare you anymore  
:(

76,983 Comments

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29 / 49

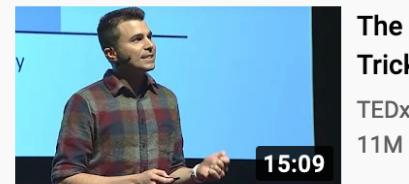


All

From your search

TED

Thoughts

**The Super Mario Effect - Tricking Your Brain into...**

TEDx Talks

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**Mix - Tim Urban: Inside the mind of a master procrastinat...**

YouTube

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Global Cycling Network

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Driver61

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**If you want to achieve your goals, don't focus on them:...**

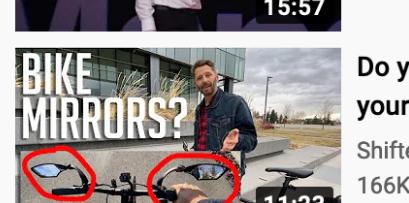
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**How to Get Your Brain to Focus | Chris Bailey | TEDxManchester**

TEDx Talks

12M views • 3 years ago

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Shifter

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## Tim Urban: Inside the mind of a master procrastinator | TED

48,101,463 views Apr 6, 2016 Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last min ...[more](#)

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The worst thing is when the deadlines doesn't scare you anymore  
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76,983 Comments

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Add a comment...

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Jobs



Messaging



Notifications



Me



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## Artur Badretdinov

Director of Android Engineering at Squire, Google Developer Expert in Android

Who's viewed your profile **196**

Impressions of your post **210**

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Leveraging #Firebase with ...

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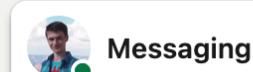
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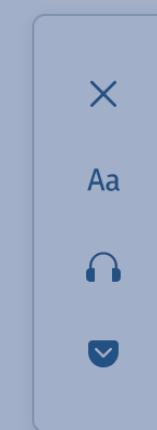
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31/49



...





lifehacker.ru

# Джедайские техники: как экономить мыслетопливо на работе и в обычной жизни - Лайфхакер

Лера Мерзлякова

10-14 minutes

## Что такое мыслетопливо

---

Те, кто занимается умственным трудом, знакомы с постоянными спадами и подъёмами продуктивности. Иногда работа не продвигается ни на шаг пару дней, а потом сложный проект выполняется за несколько часов.

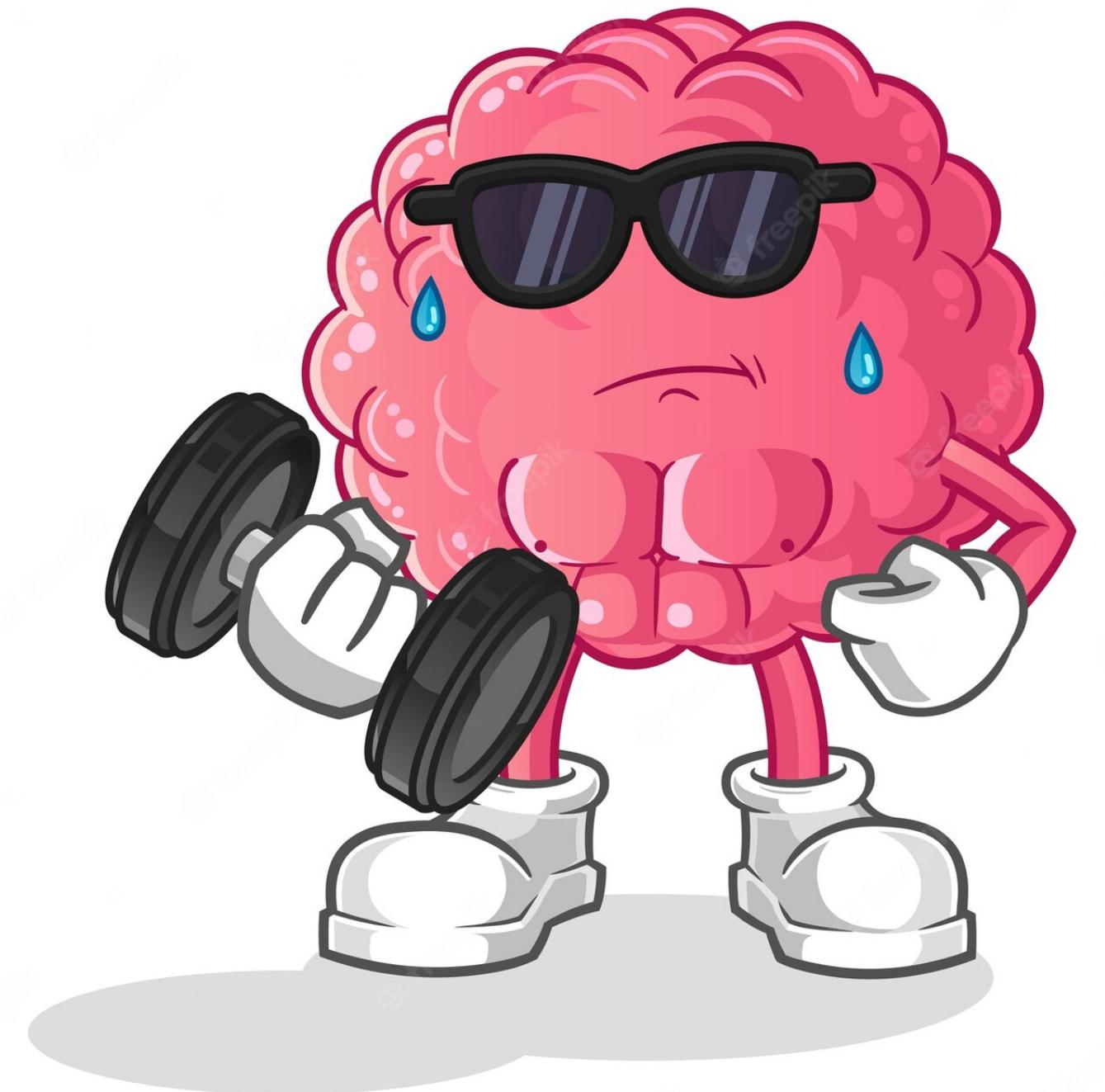
Мы очень часто думаем, что нам не хватает времени, в то время как в действительности нас ограничивает мыслетопливо.

Максим Дорофеев

# CONTEXT

- > SEPARATE ROOM AND CLOTHES
  - > SEPARATE COMPUTER
  - > SEPARATE OS USER
  - > SEPARATE BROWSER
  - > SEPARATE TAB GROUPS

**MAY THE FORCE  
INTERNAL DISTRACTORS  
BE WITH YOU**



# BRAIN FUEL<sup>2</sup>

- > DO COMPLEX THINGS RARELY
- > DO EASY STUFF OFTEN

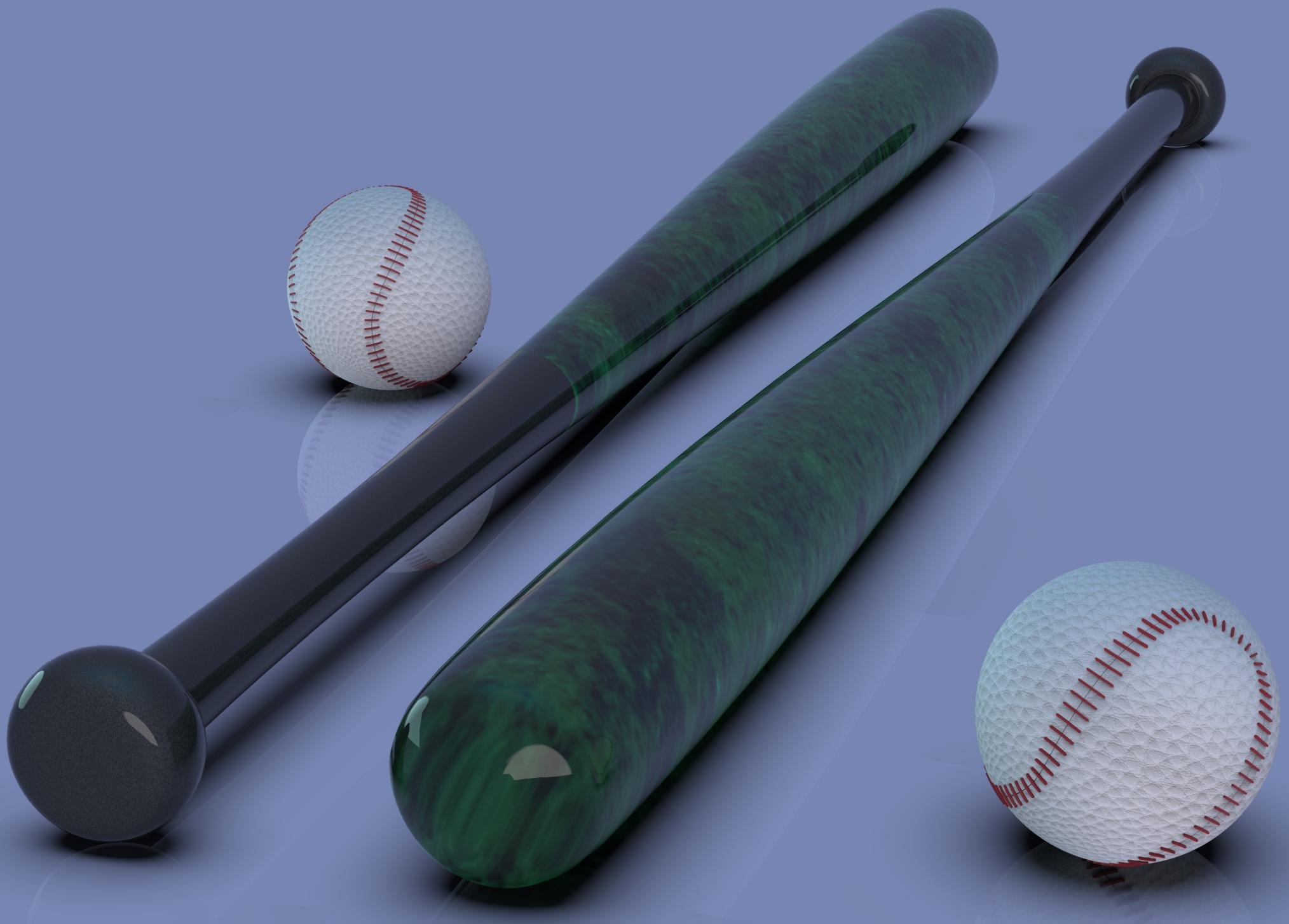
## A MINUTE OF SCIENCE

- > DANIEL KAHNEMAN

<sup>2</sup>MAXIM DOROFEEV ONTIKO TALK

# 2 PARTS OF A BRAIN

- > SYSTEM 1: AUTOMATIC AND IMPULSIVE
  - > CONSCIOUS



# MAKING COMPLEX SIMPLER

- › CORRECT TASKS WORDING
  - › DETAILED
- › START WITH A VERB
- › SHOWS THE FIRST STEP
- › DO EASY STUFF OFTEN

# REMOVE ENERGY LEAKS

- > ZEIGARNIK EFFECT
  - > TASK LIST
  - > PROJECT LIST
  - > CALENDAR
- > KNOWLEDGE STORAGE
- > TASKS REVIEW



# FOCUSING

# POMODORO TECHNIQUE



- > 25 MINUTES WORK
- > 5 MINUTES REST
- > OK... SOMETIMES 15

52 /17 <sup>1</sup>

- › 52 MINUTES WORK
- › 17 MINUTES REST
- › DEPENDS ON YOUR ROLE

<sup>1</sup>THE MUSE



44/49 - PHOTO BY CARA FULLER ON [UNSPLASH](#)

онлайн-марафон

20+ тыс.

старт ежедневно

ДЖЕДАЙСКИЕ ТЕХНИКИ  
ПРОДУКТИВНОСТИ

с Максимом Дорофеевым

Вытащите себя из рабства привычек  
и найдите свой ритм на 100% за 100  
дней

# ДЖЕДАЙ ТЕХНИКИ ПРОДУКТИВНОСТИ TECHNIQUES



УЧАСТВОВАТЬ

ПОДРОБНЕЕ

# RECAP

1. GOALS
2. TASKS
3. DISTRACTORS
4. CONCENTRATION
5. REFLECTION

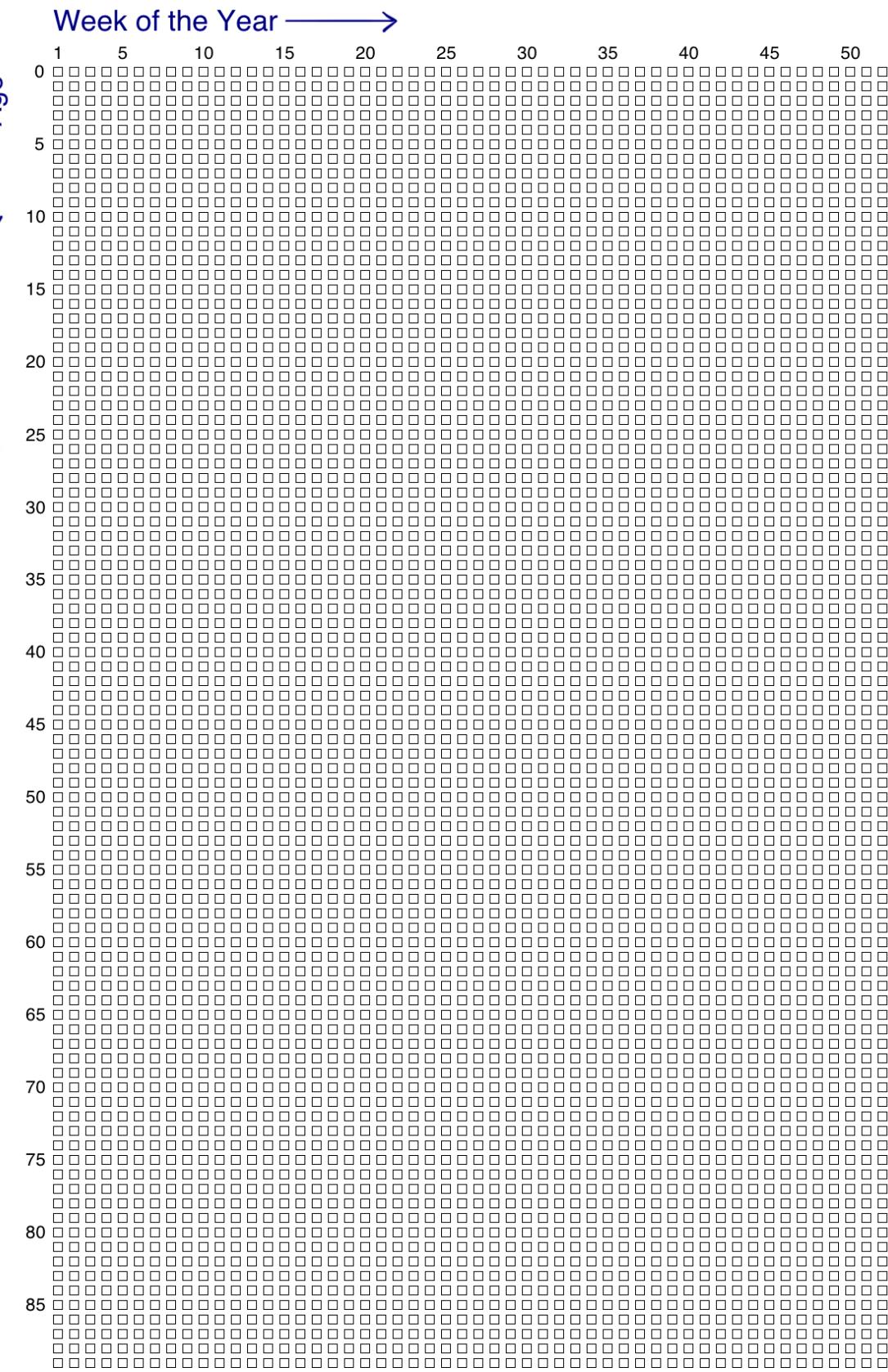
# CHECKLIST

1. NOTIFICATIONS OFF
2. SEPARATE ENVIRONMENTS
3. STOP AND THINK!
4. TRY POMODORO
5. TRY AGILE RESULTS
6. CHECK OUT JEDY TECHNIQUES

# YOUR LIFE IN WEEKS

48 / 49

You?



# LINKS

- > THESE SLIDES
- > WAIT BUT WHY BLOG
- > ANTI PROCRASTINATION COURSE (RU)
- > EISENHOWER MATRIX BY ASANA