

Week 3

Procrastination

- * Unhappy feelings cause procrastination → funnel attention to something pleasant → feel happy (for a short period)
- * procrastination is like addiction → Temporary excitement & relief
- * Focus on process Not product → Relaxes the person to focus more
- * The process of studying for 25 minutes for a couple of days & chunking the studies is more important than product
- * Parts of a habit:
 - ① The cue
 - ② The routine
 - ③ The reward
 - ④ The Belief
- * Create a weekly tasks list to get rid of the Zombie mode
- * Plan your day — Work hard — Quit at 5 PM end of day
- * to avoid procrastination:
 - ① plan weekly
 - ② have routines daily
 - ③ Reward yourself
 - ④ watch for procrastination cues/triggers
 - ⑤ have backup for when you procrastinate
 - ⑥ Do harder tasks at the beginning of day

FOCUS ON
process Not product

Memory

- * Memory is part of Developing Experience & learning
- * To go from short term memory to long term memory → Things Need to Be
 - ① Memorable
 - ② Repeated
- * Repeating is a great way to remember
- * Creating groups helps in memorizing ex: Apples Oranges Bananas → AOB
- * Use the memory palace and place items in it that you want to remember