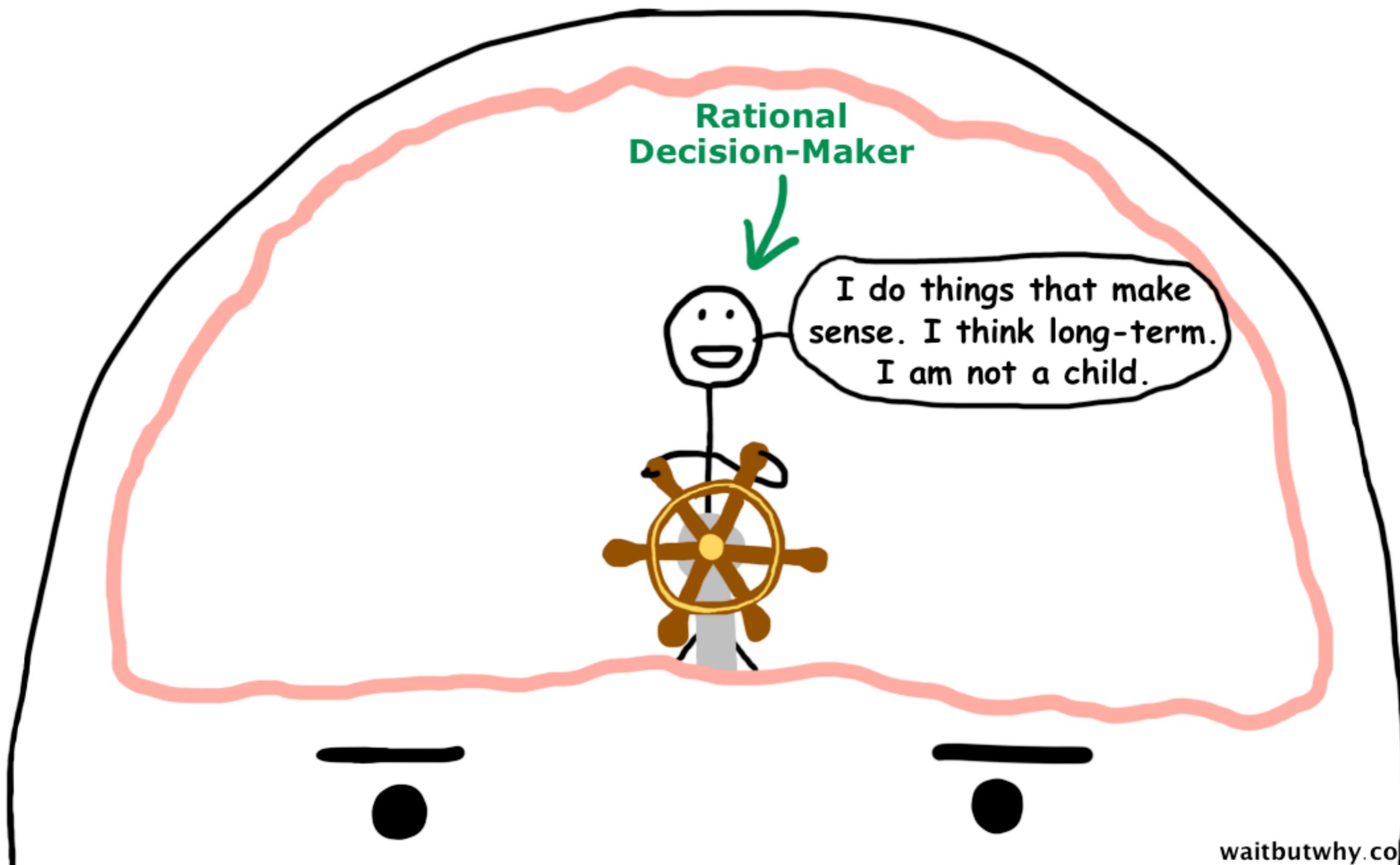


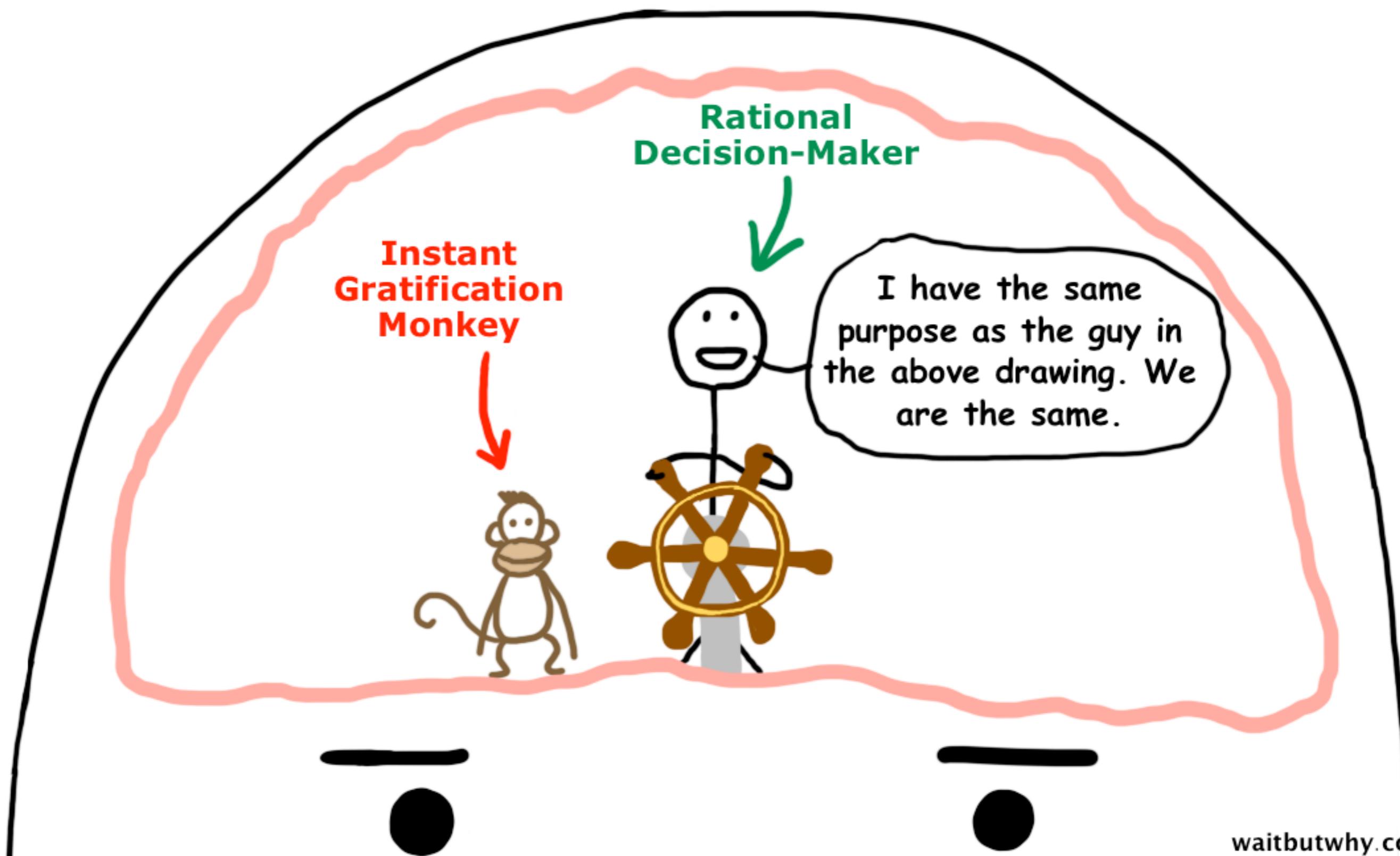
# Part 1: Why Procrastinators Procrastinate

by Tim Urban  
(presented by Alan Millard)

# 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!

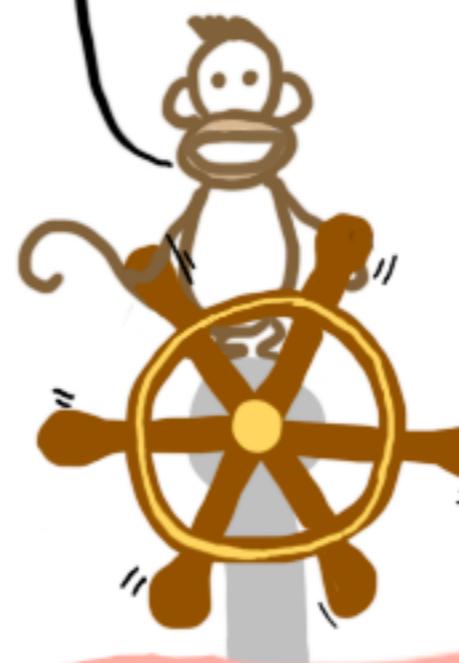


Then we'll reorganize our to-do list, check sock prices on Amazon, and split up our iPhoto albums into smaller, more specific albums!



By then, it'll be 2:00, and we have an appointment at 4:30, so it'll be too late to really start any work at that point.

But...



# Instant Gratification Monkey

- The last creature who should be in charge of decisions
- Only thinks about the present, ignores lessons from the past, and disregards the future altogether
- Only cares about maximising the ease and pleasure of the current moment

# Instant Gratification Monkey

- Doesn't understand the Rational Decision-Maker
- Why carry on jogging, when we could stop?
- Why practice the guitar, when it's not fun?
- Why use a computer for work, when it can be used to look up fun things on the Internet?



## Welcome To THE DARK PLAYGROUND!

REFRESHING PHONE EMAIL AGAIN AND AGAIN ROLLER COASTER THRILL RIDE

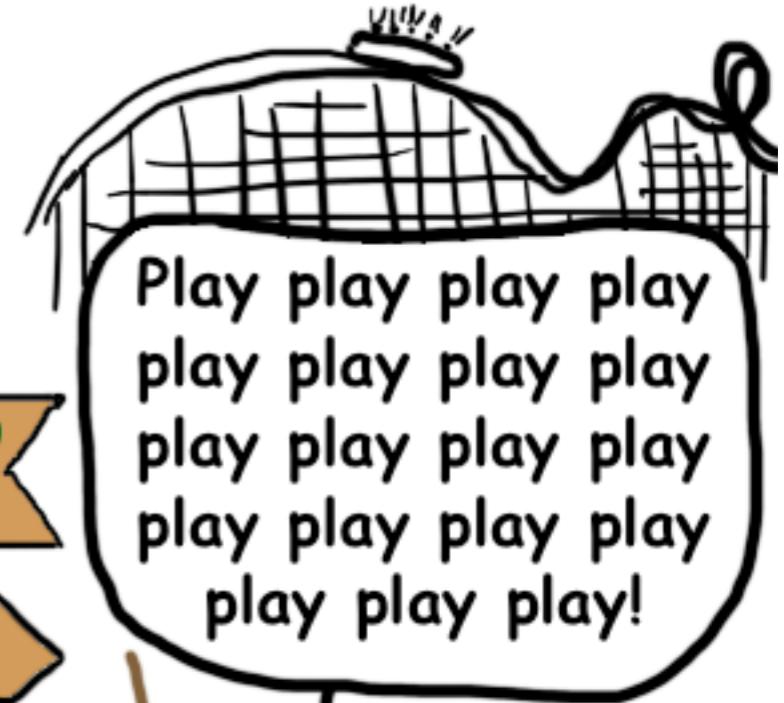
DEPRESSING NAP ACTION SLINGSHOT

THROWING A BALL UP AND CATCHING IT FOOD COURT

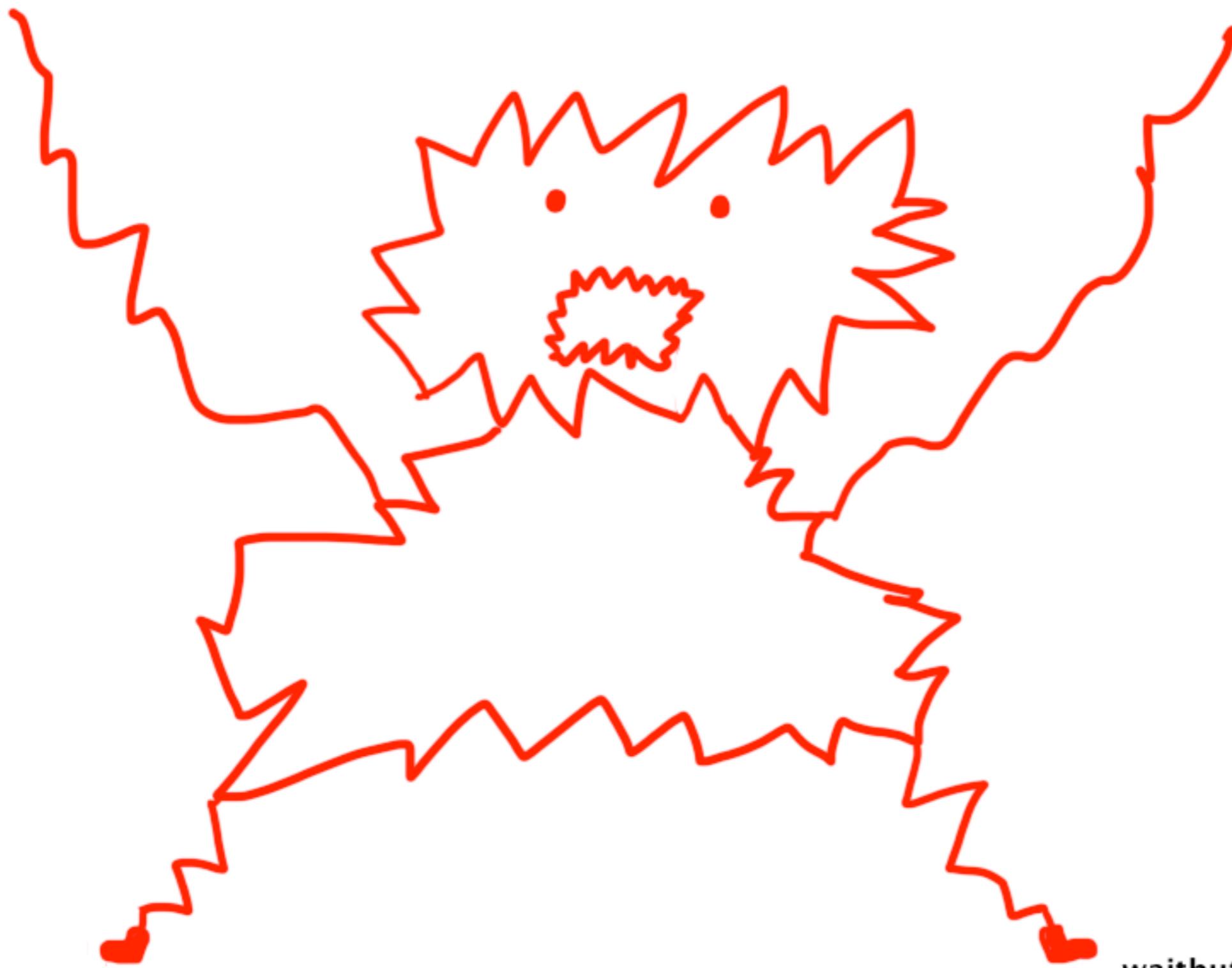
FANTASIZING ABOUT THE COMPLETED VERSION OF THE THING YOU'RE WORKING ON RIVER FLOAT

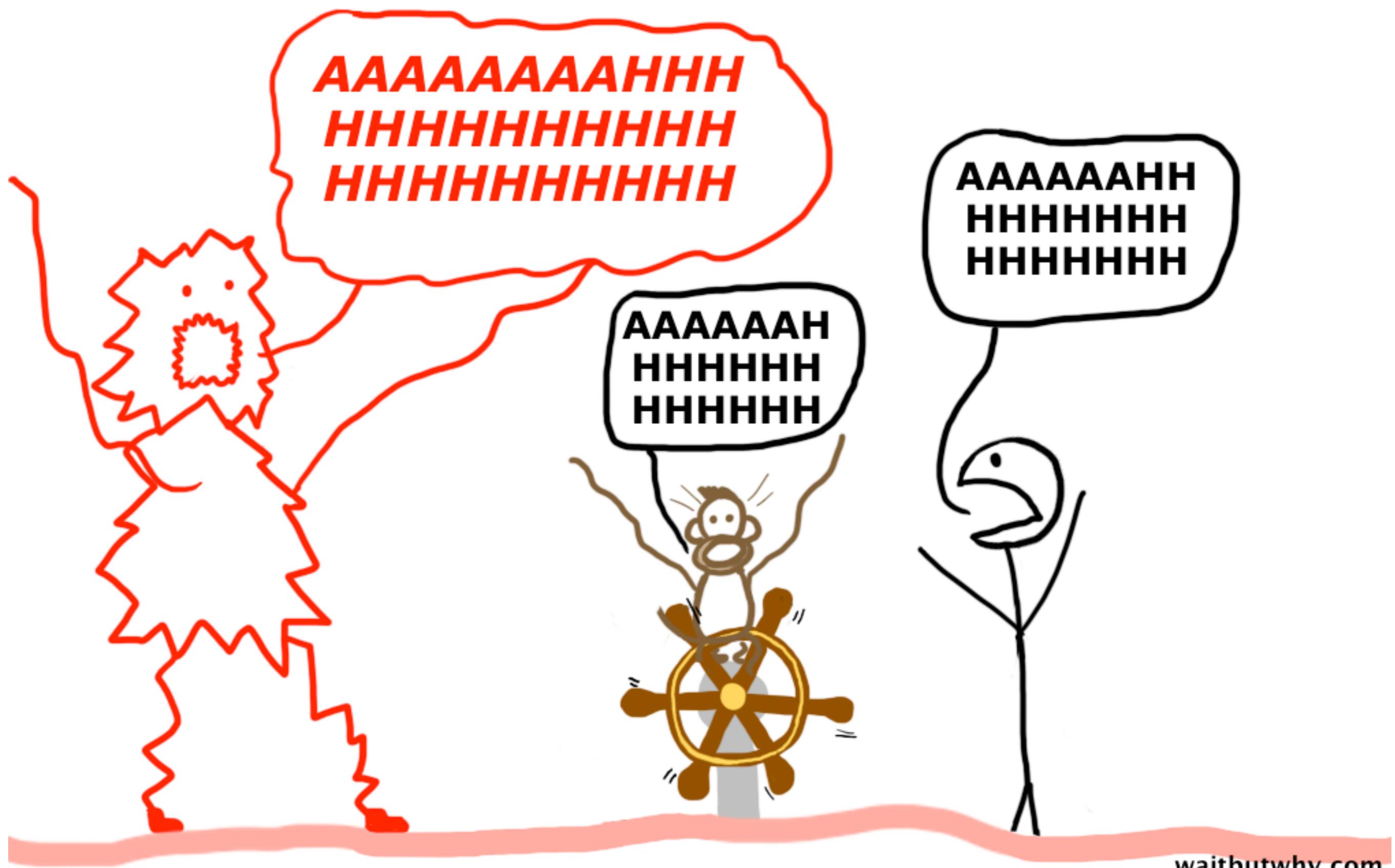
OPENING THE FRIDGE TO SEE IF THERE'S ANYTHING NEW IN THERE SINCE 10 MINUTES AGO WILD MOUNTAIN

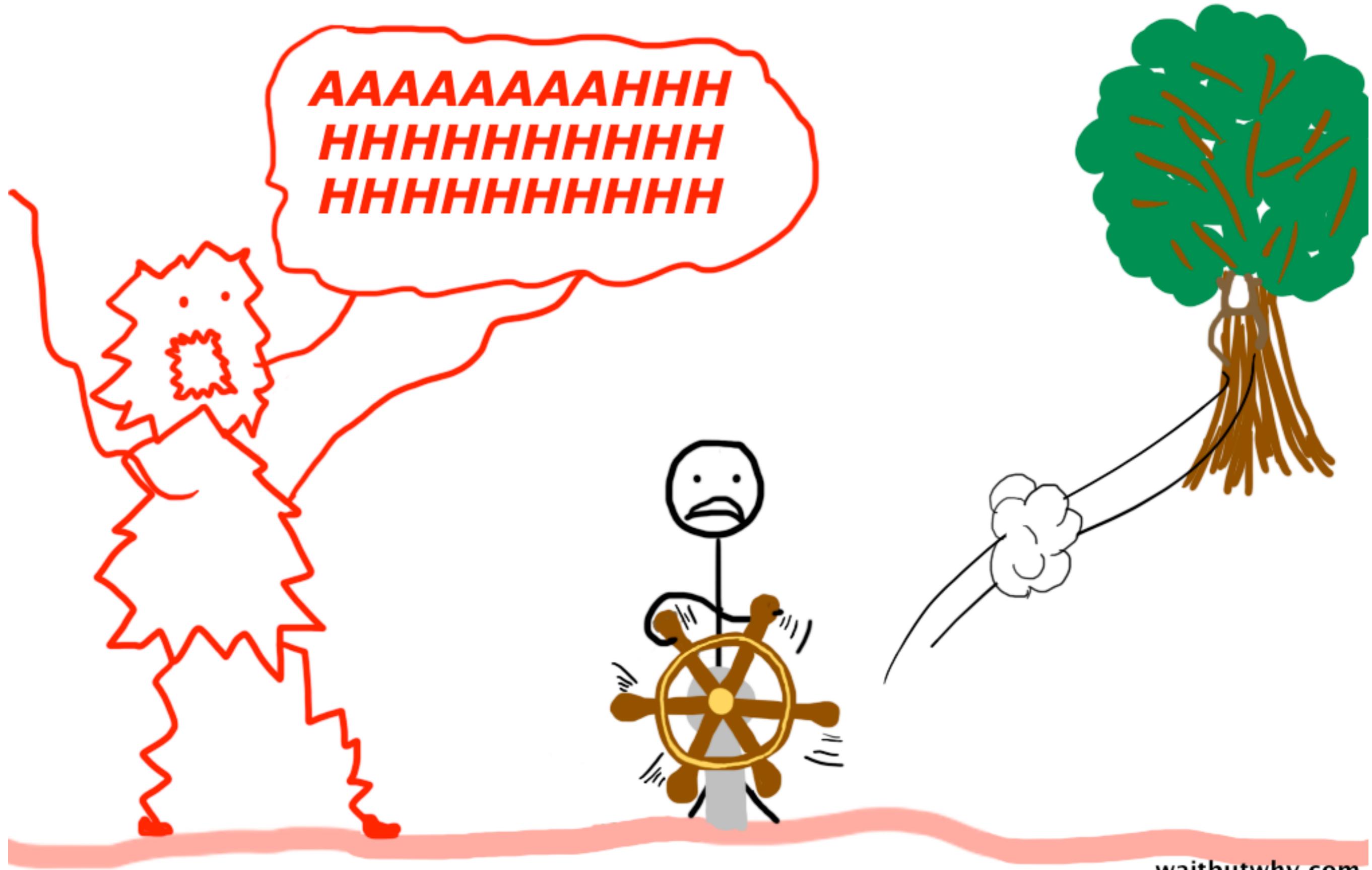
LOOKING AT ALL 1,200 FACEBOOK PHOTOS OF HIGH SCHOOL PERSON YOU WERE NEVER FRIENDS WITH ADVENTURE VOLCANO



# The Panic Monster







# This is no way to live!

1. It's unpleasant
2. The procrastinator ultimately sells himself short
3. The Have-To-Dos may happen...  
....but not the Want-To-Dos

# Part 2: How to Beat Procrastination

by Tim Urban  
(presented by Alan Millard)

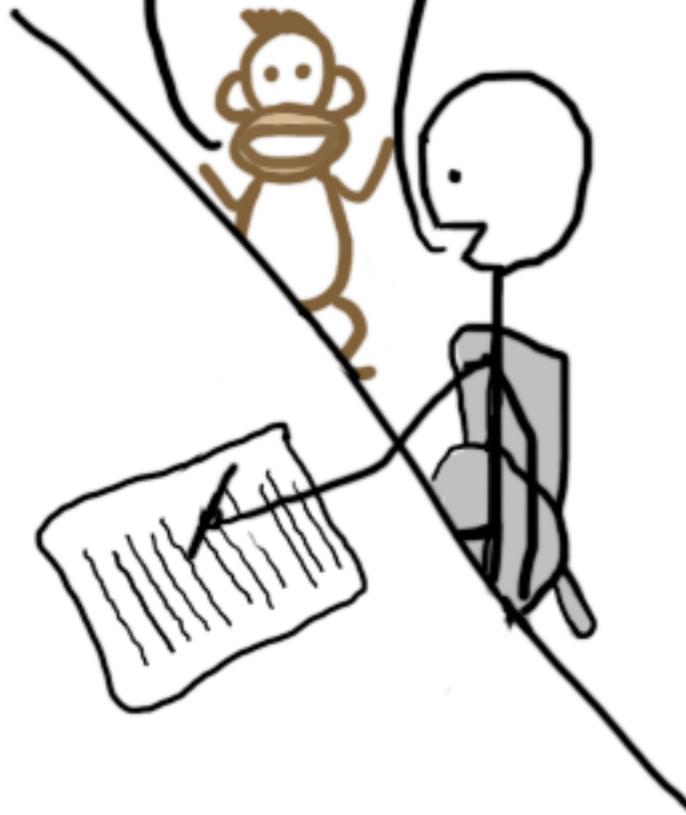
# Two components

1. Planning

2. Doing

Okay, so I've got: Read up on stuff to be more knowledgeable at work; Do house improvements; Come up with book idea; Learn how to code; Plan trip with friends; Get into Asian cooking; Think about new career; and 24 more.

Sounds perfect.

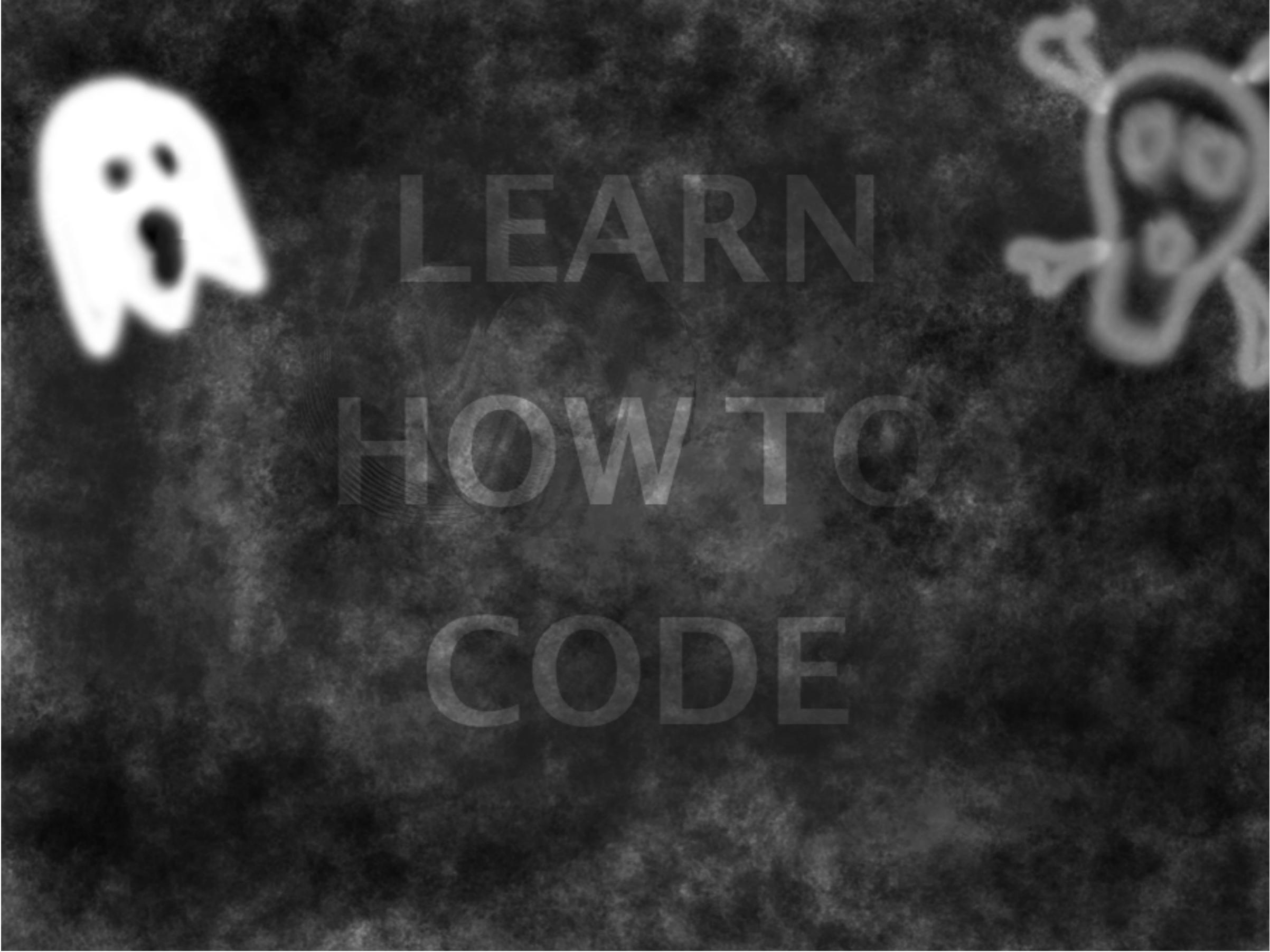


# Effective planning

- Take a big to-do list
- Rigorously prioritise the list
- Select a winner

# Icky items

- Vague and murky
- Not really sure where you would start, or how you would go about doing it
- Make icky items un-icky



**LEARN  
HOW TO  
CODE**

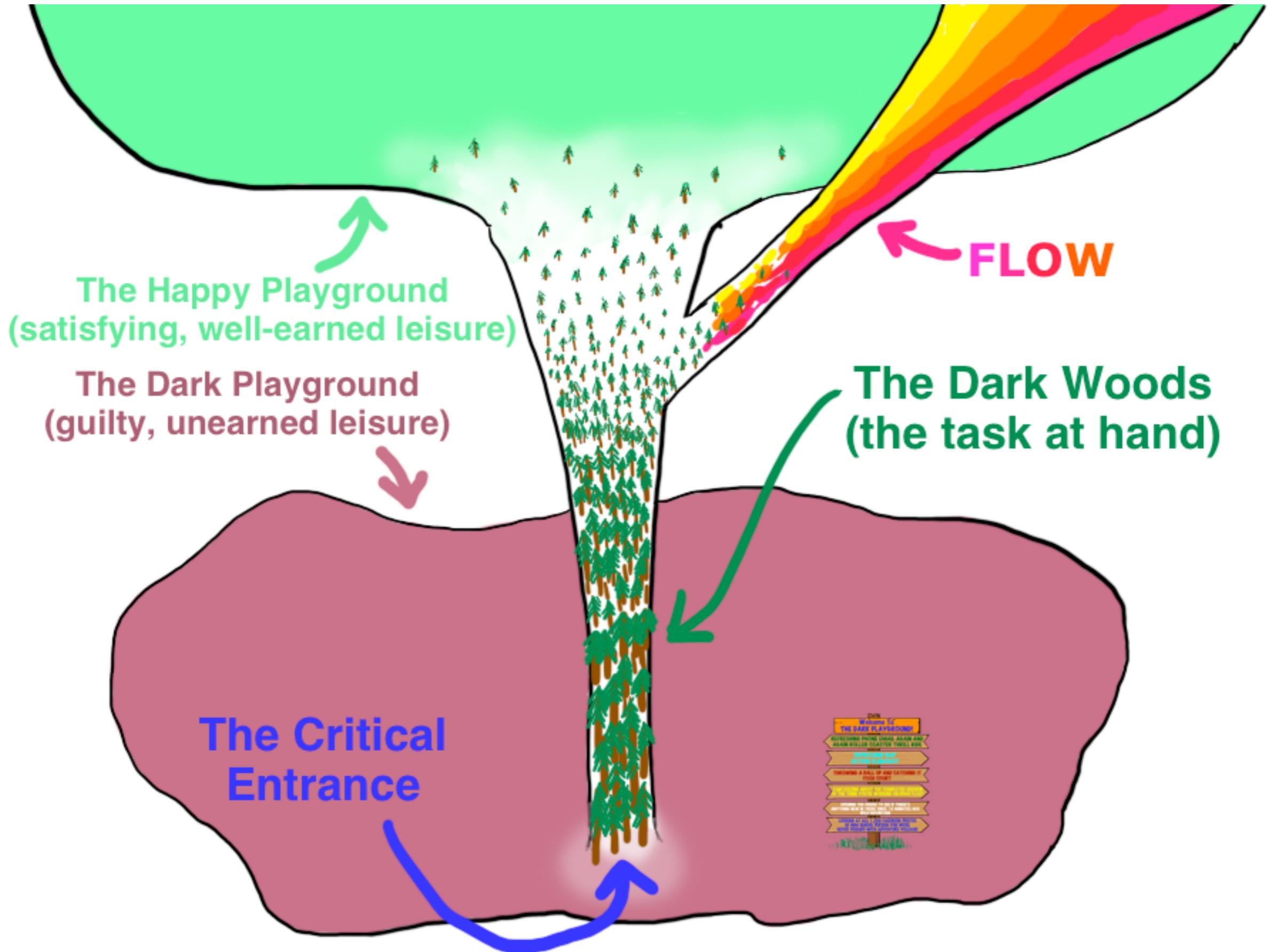
**Step 1:**  
Sign up for  
Codecademy's  
12-week course

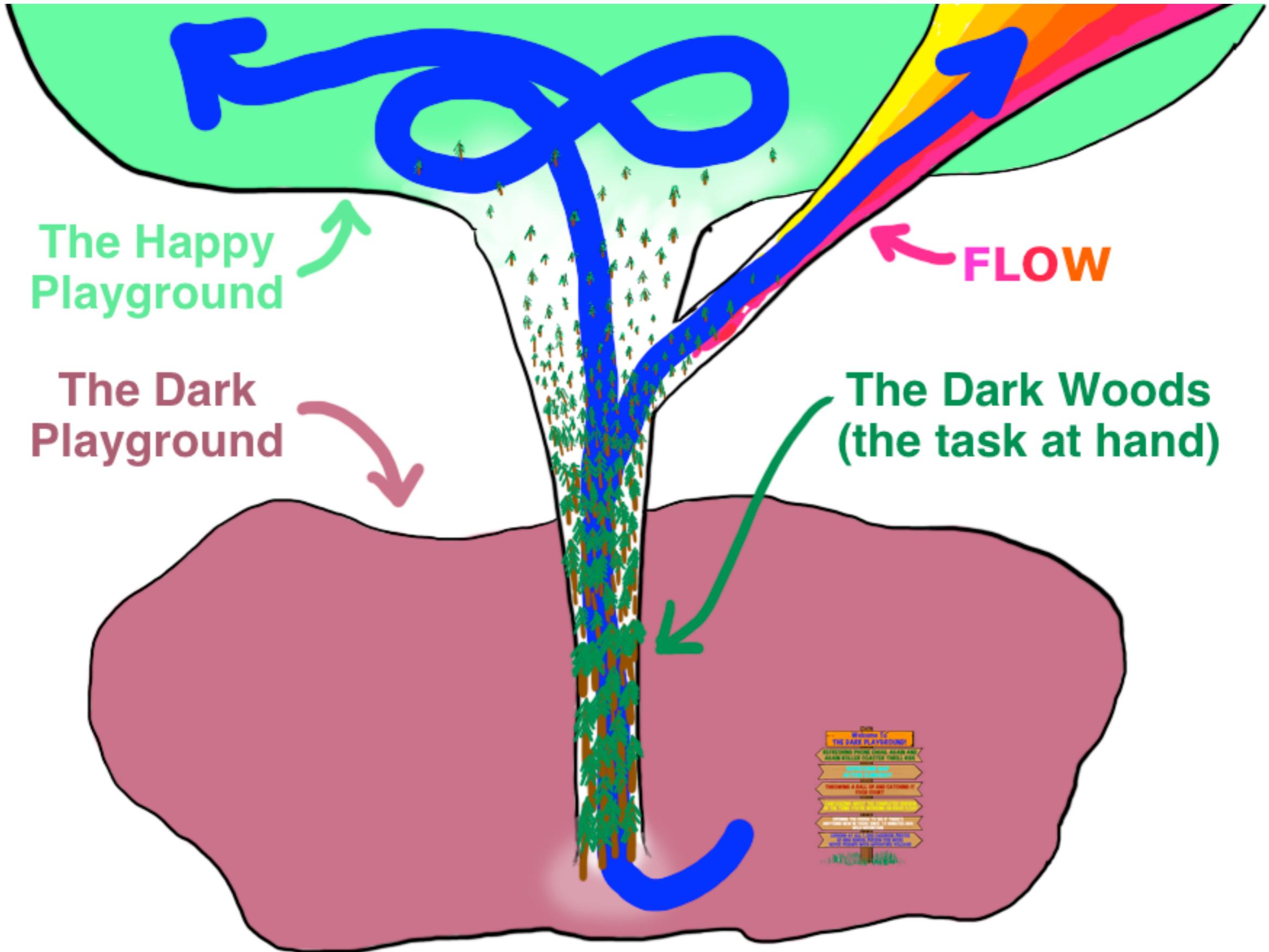
**Step 2:**  
Do Codecademy  
course between now  
and mid-February

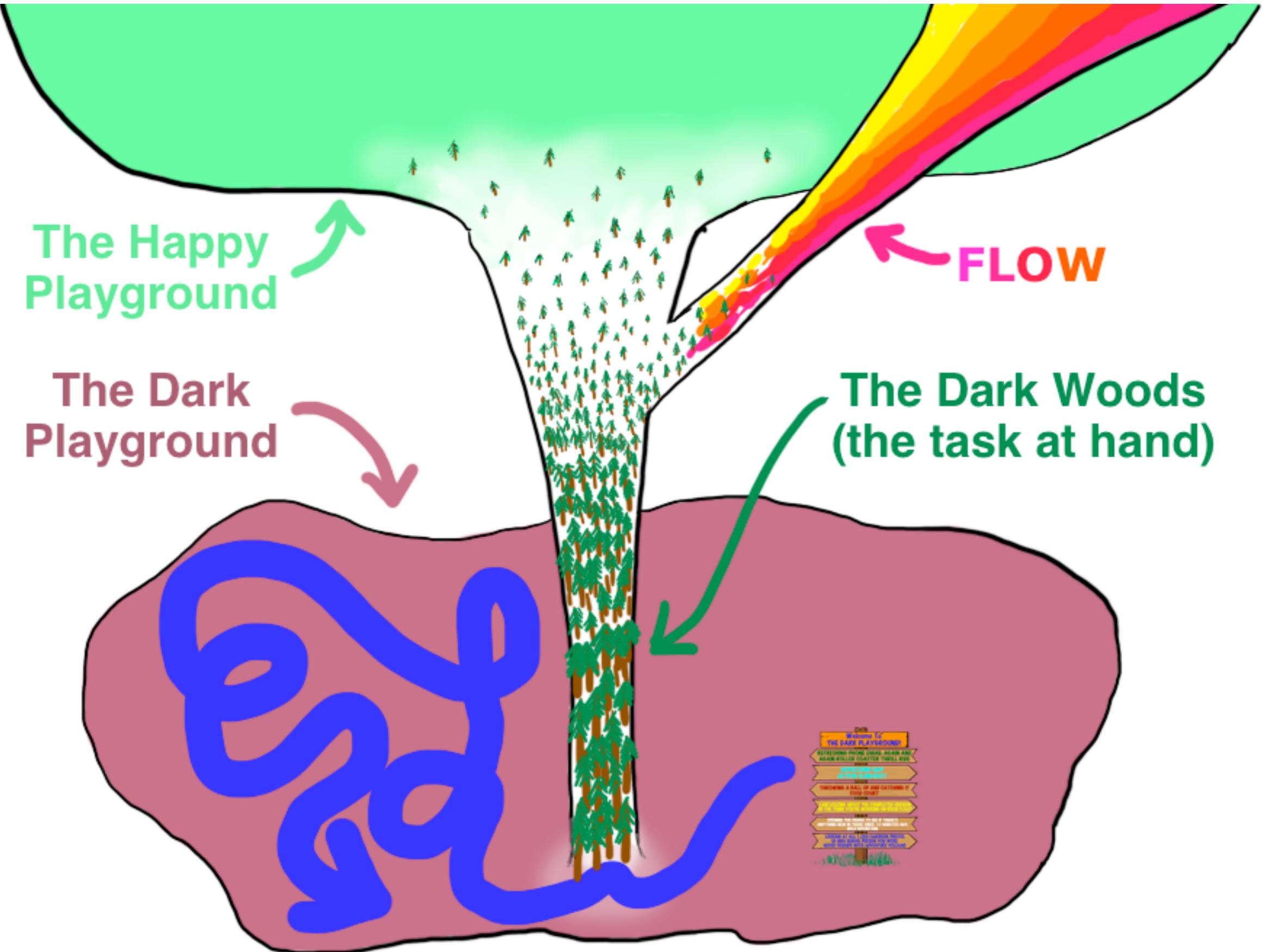
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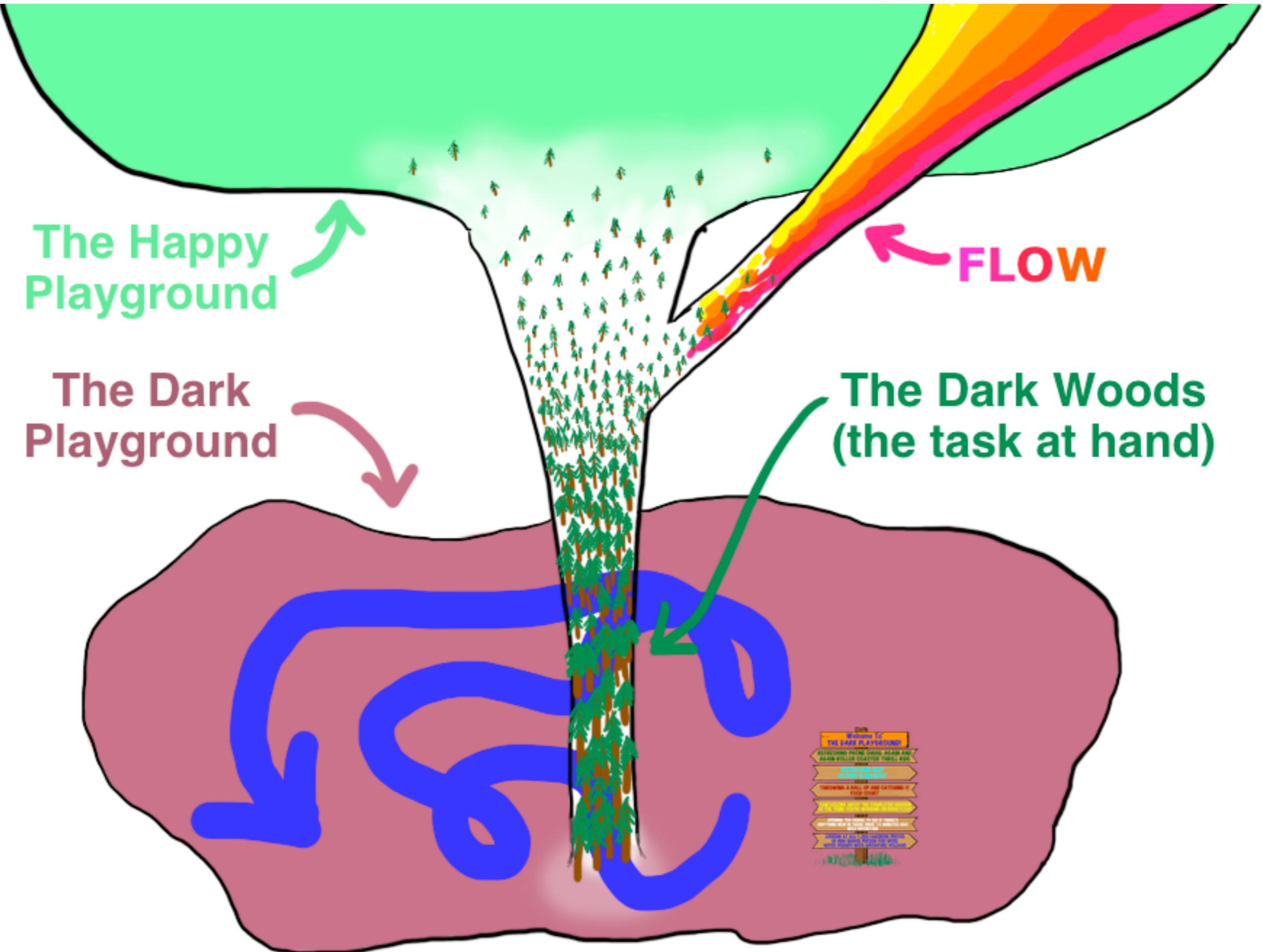
**Step 3:**  
Identify knowledge  
gaps and fill them in  
with Khan Academy  
lessons

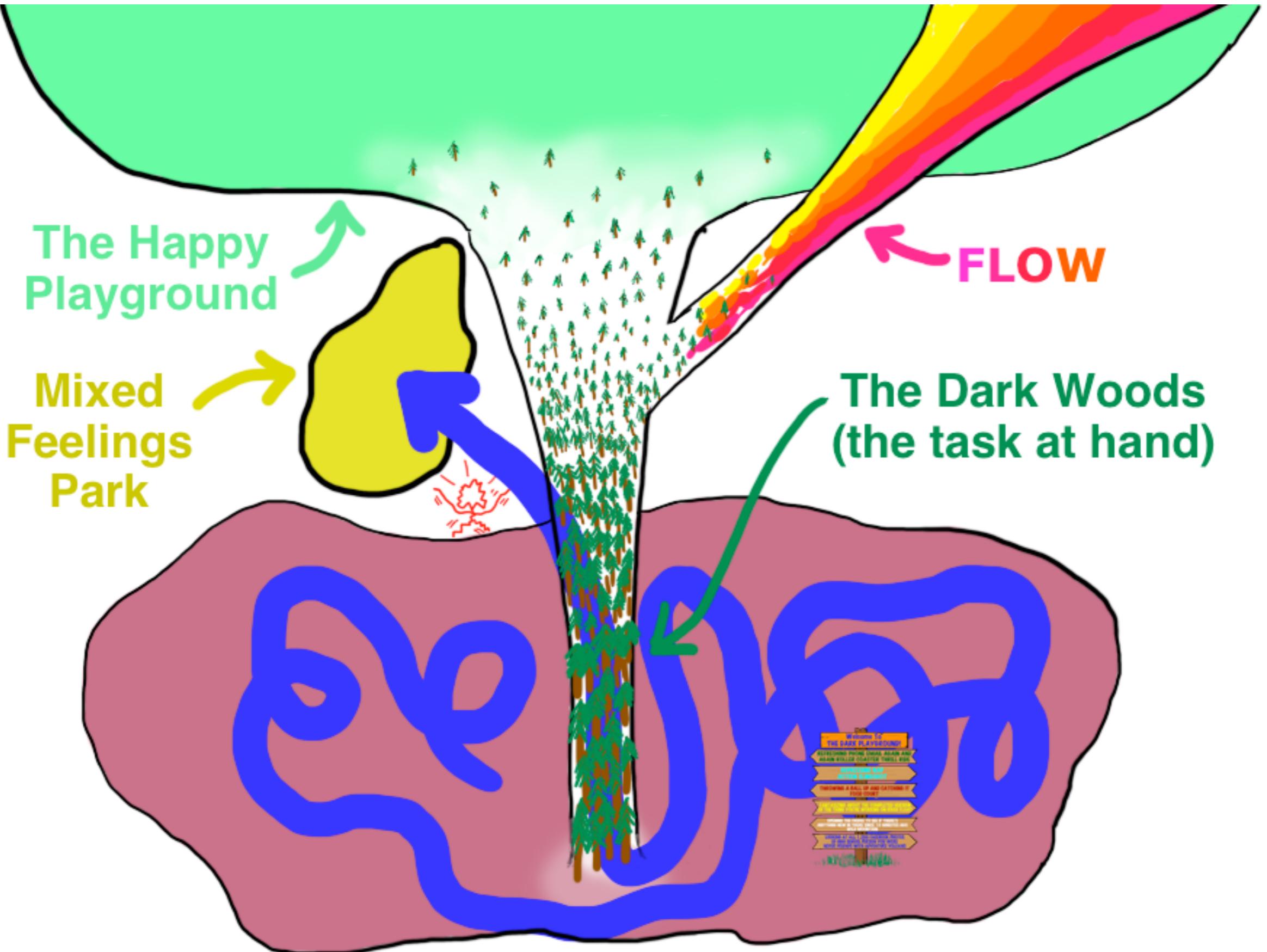
**Step 4:**  
Build mock app  
and send out for  
feedback

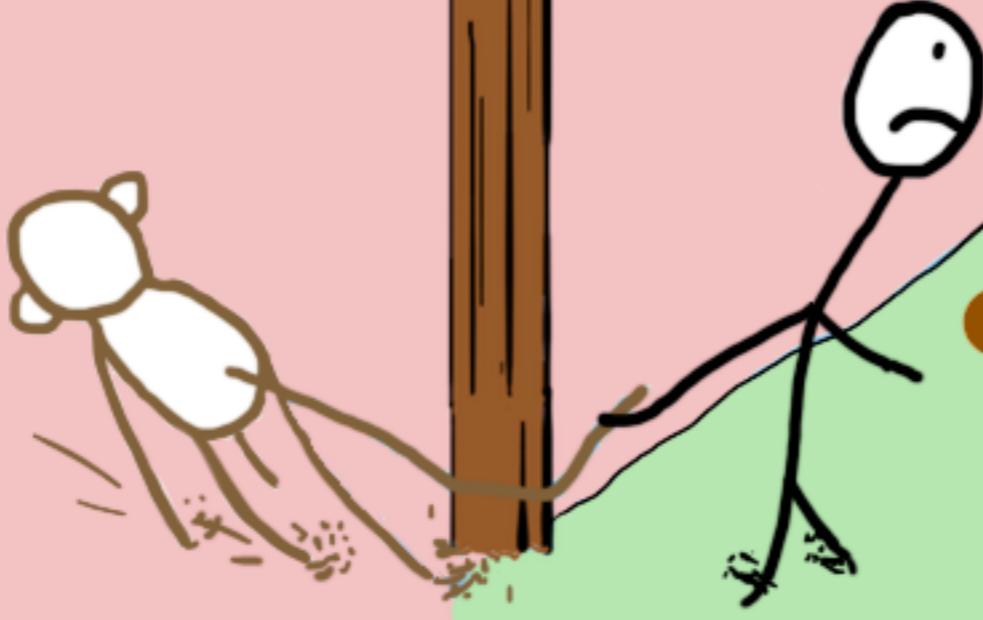


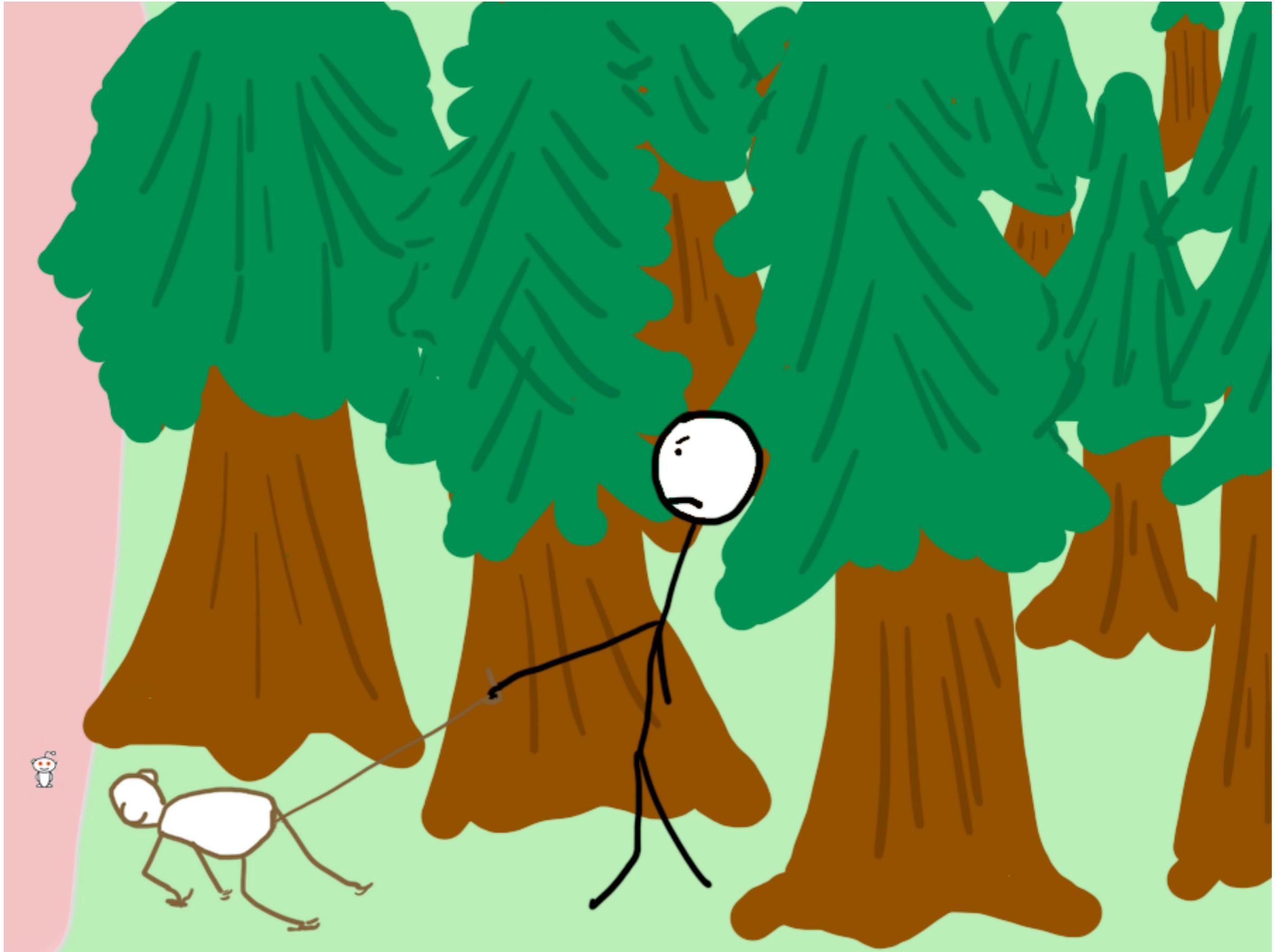


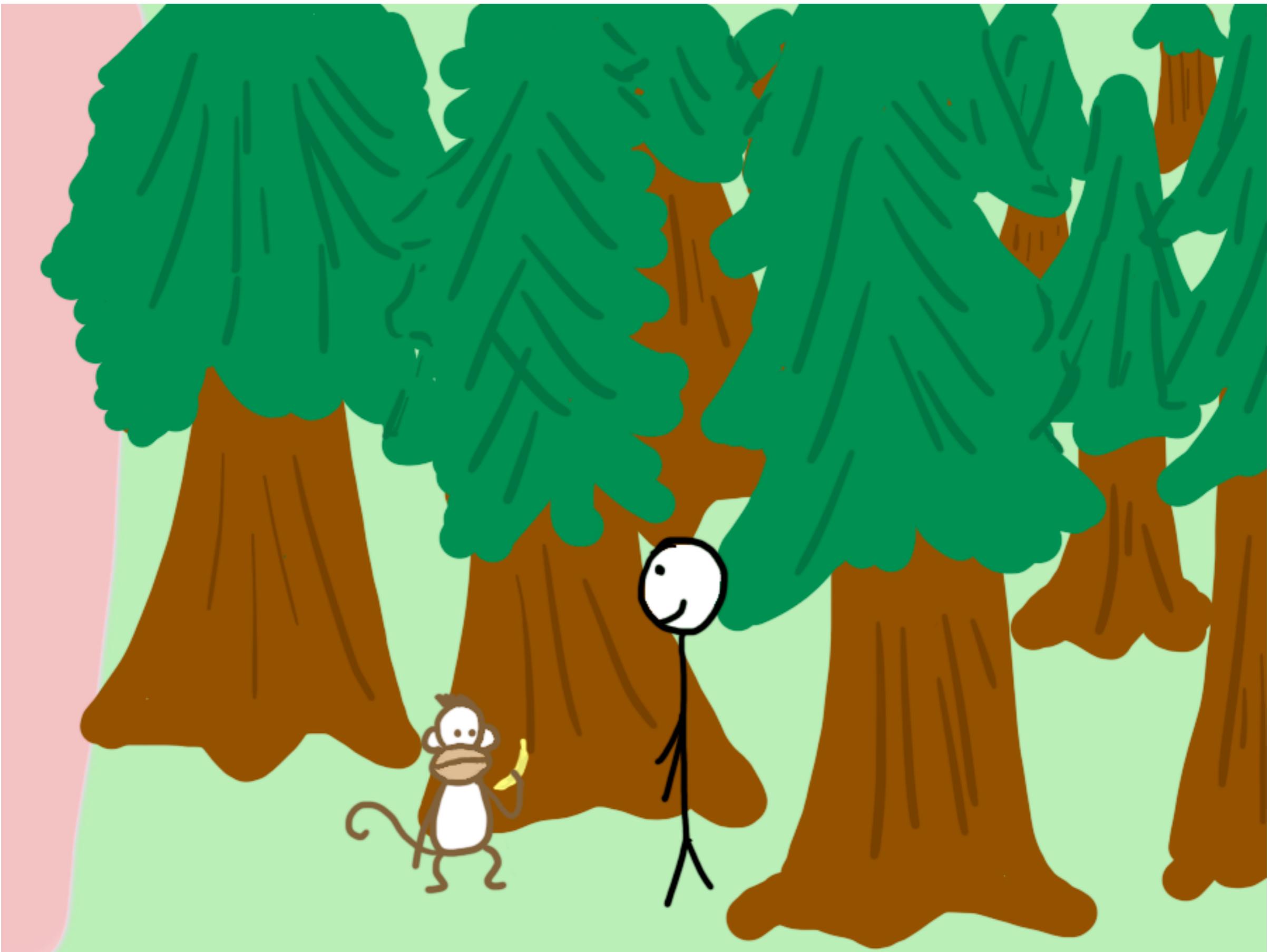


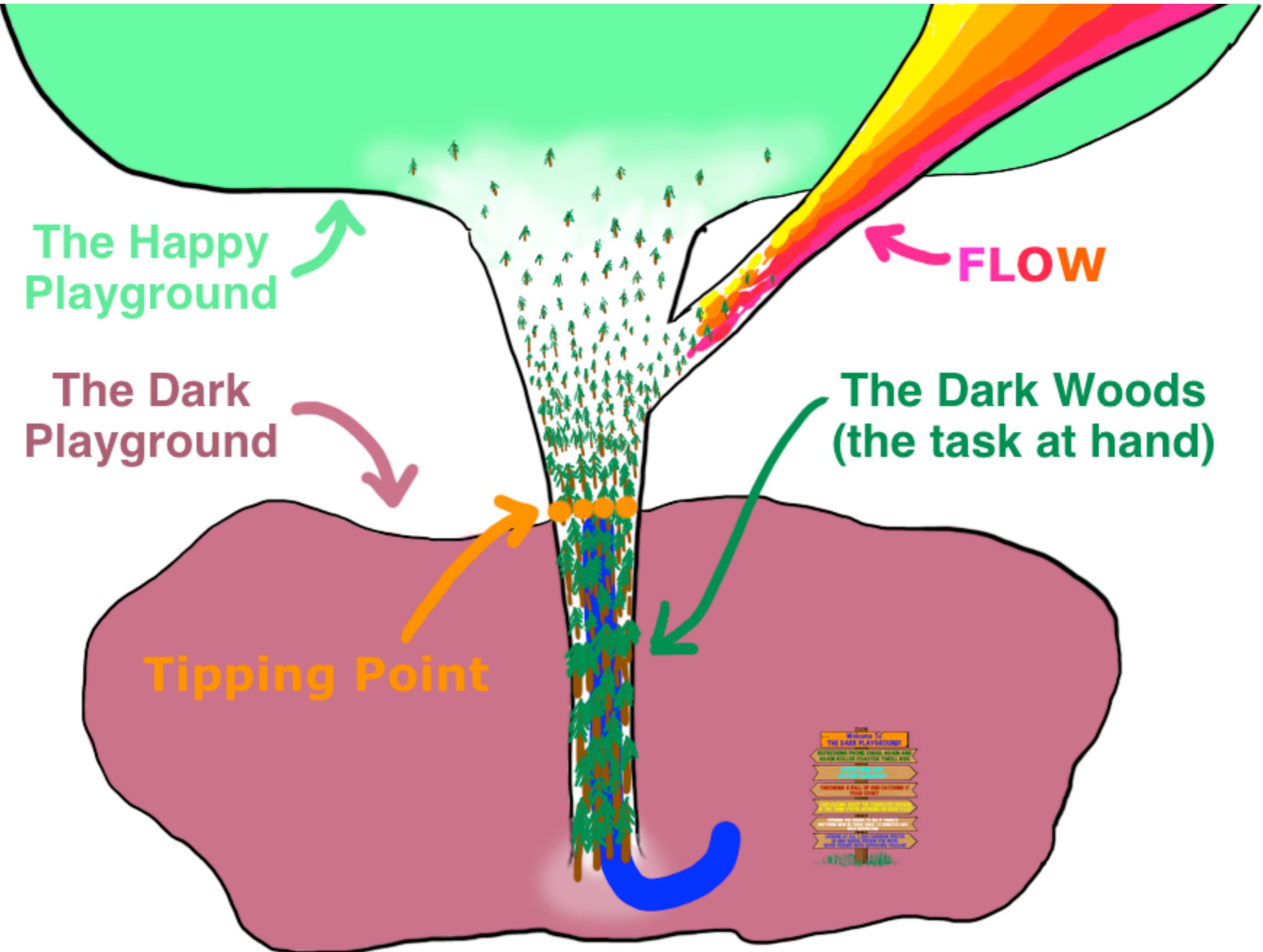


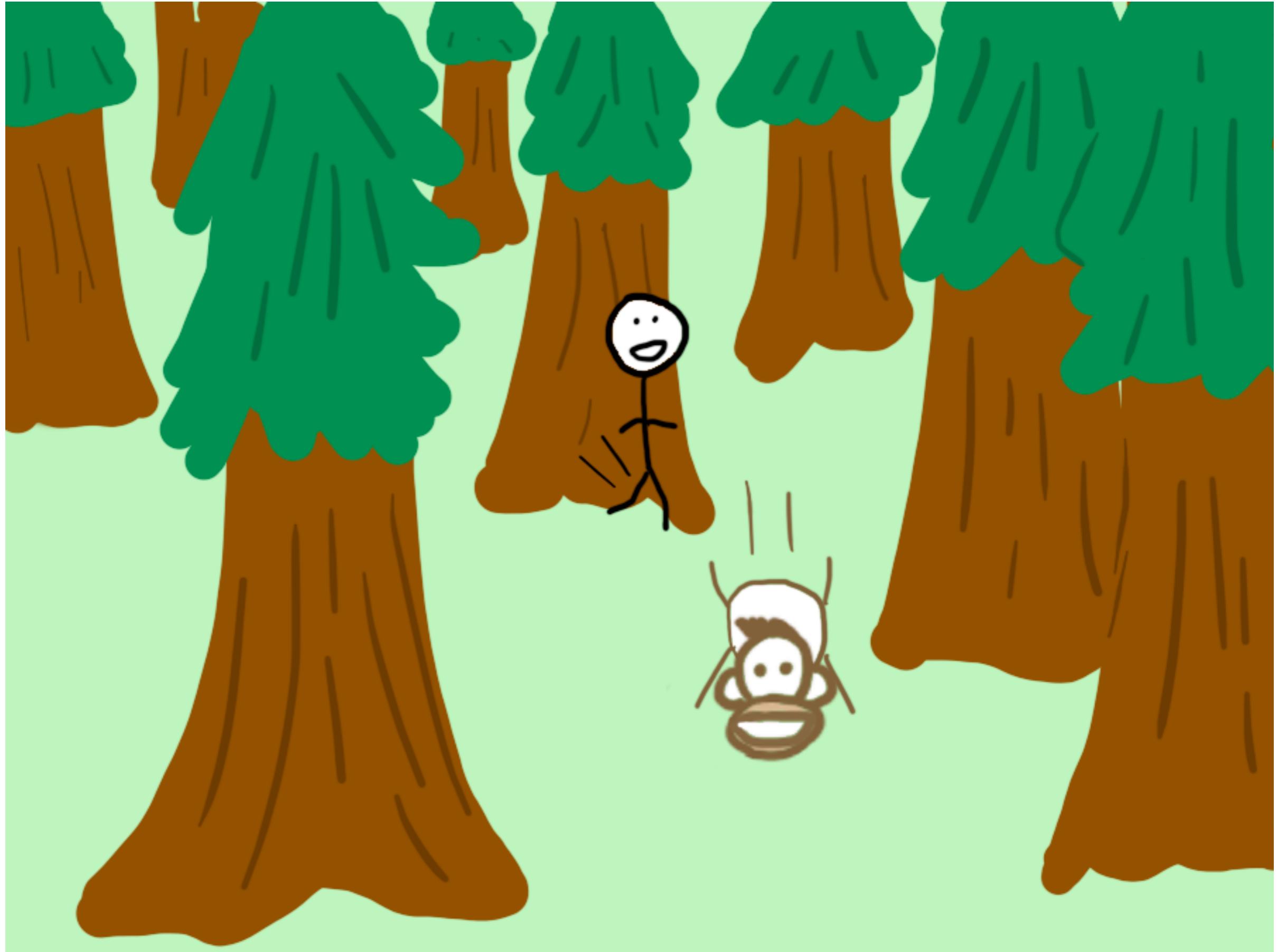


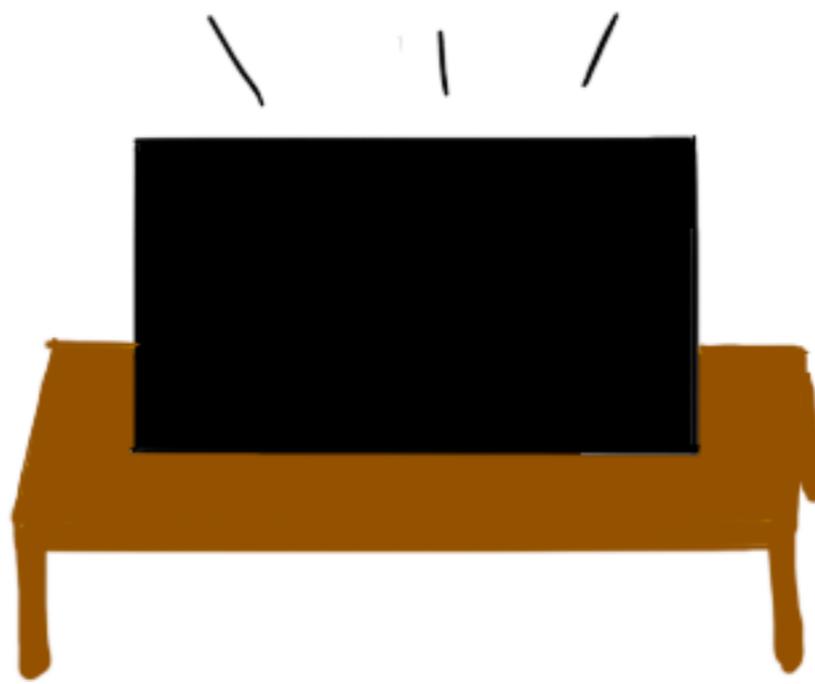
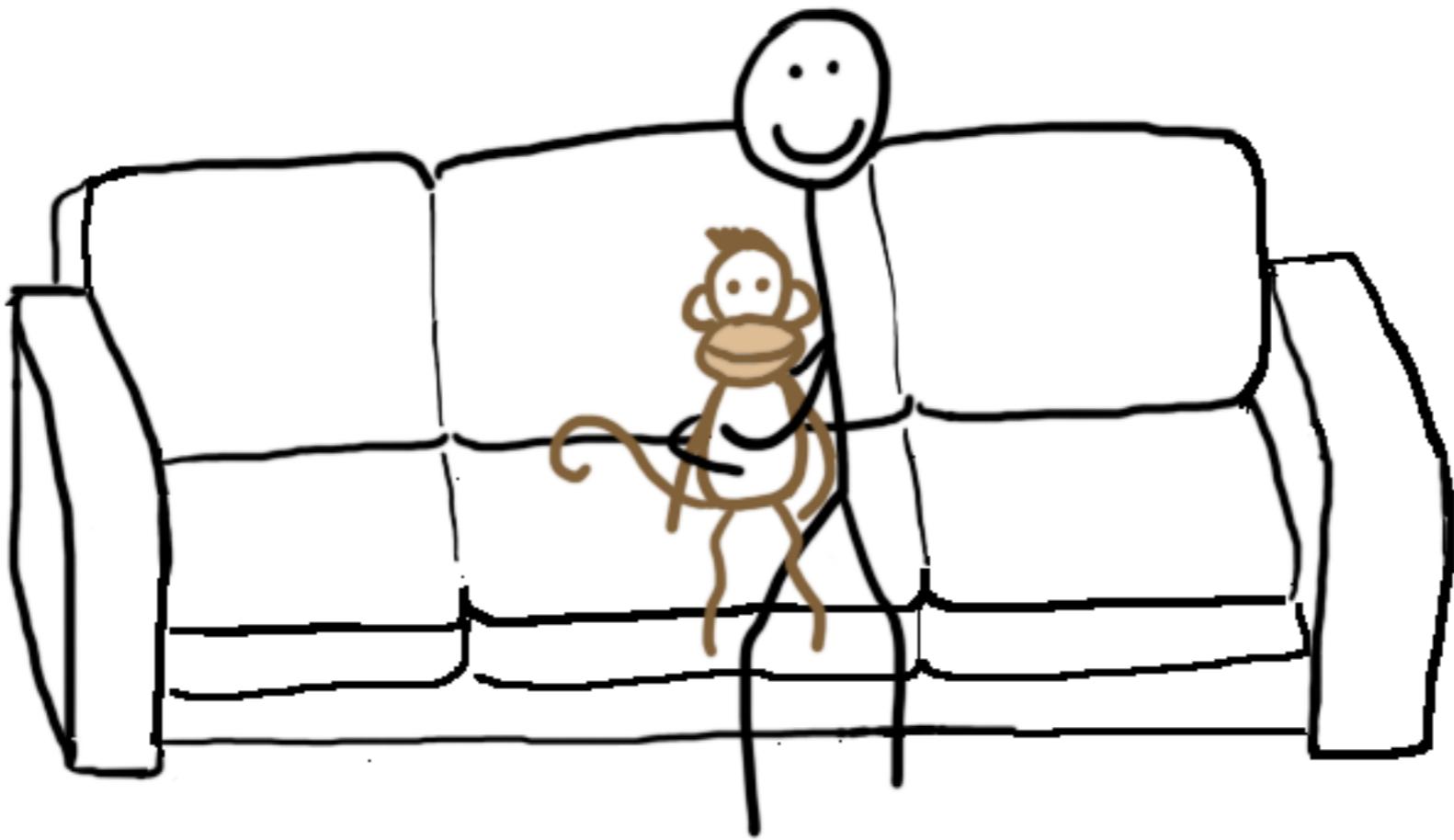












# Original articles

- Part 1: <http://waitbutwhy.com/2013/10/why-procrastinators-procrastinate.html>
- Part 2: <http://waitbutwhy.com/2013/11/how-to-beat-procrastination.html>