

# MODULE 01-001 : Breaking Through the Cycle of Procrastination

## 0.0.1. 🌟 Imagine this...

You're sitting in front of your computer, staring at a blank screen.  
You know you have to work on a **code project**, but it feels like you're frozen.

The task is **so intimidating** that you don't even know where to begin.  
It feels as if you'd rather be doing *anything else in the world*.

This is the **ugly face of procrastination**, and it's something programmers constantly fight.  
If this resonates with you, don't worry—you're in good company. But if you want to become a **professional developer**, it's time to implement a system to **hack procrastination**.

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## 1. Understanding Procrastination

As the lead instructor at Devcamp, one of the most common questions I get is:  
“How can I overcome procrastination?”

Before we dive into the solution, let's explore its **root causes**.

Through the years, I've found procrastination stems from **three primary patterns**:

- 🌀 Perfectionism
- 😬 Fear of success
- 📅 Lack of planning

Overcoming procrastination means addressing these patterns directly.

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## 2. Hacking Procrastination

We need to **hack our thought patterns** just as developers hack code to fix bugs.

Remember:

▮ Humans are made for action.

Procrastination is a learned behavior driven by **fear-based thoughts**.  
To succeed in **coding, business, or life, you must conquer it**.

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### 2.1. 1 Hacking Perfectionism

Ever watched a baby learning to walk?  
Babies don't fear failure—they fall and try again until they succeed.  
Somewhere along the way, we learn that failure is “bad,” and we stop trying new things.

“You're going to get it wrong the first time—and that's okay!”

If you're a developer learning a new feature: **Don't wait for perfection !!!**.  
Instead: **Embrace failure** as part of the process.

Fell free to remove the fear of failure.

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## 2.2. 2 Hacking the Fear of Success

If you've conquered perfectionism, congratulations!  
But many developers fall into another trap: **fear of success**.

Here's what this fear might sound like:

“If I learn this, what comes next?”

For example, when I learned to connect to a database, I froze because it opened up an **infinite list of new concepts**, for example:

1. Writing **SQL queries**
2. Building **relationships** between tables
3. Understanding **SQL injections**
4. ...and much more!

To overcome this...

## ...quiet your mind! 🧘.

Celebrate learning a new topic, and take the next step.

Progress is made one step at a time. 🦶🦶🦶🦶🦶 ... 🎯🎯🚀🏆🎯100😄🎯★!

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## 2.3. 3 Hacking the Plan

Procrastination often stems from a **poor plan**.  
If your tasks are too broad, they'll seem impossible to start.

For example, instead of writing:

- “*Build reporting engine*”

Break it into smaller pieces, actionable tasks:

- Create a page for users to access reports.
- Create an entire reports form.
- Give it a style.
- Create a database connected to our engine
- Load all the users' data.
- ...

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> "Make a great plan, and cut it onto little pieces"
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I hope that this has been a helpful guide for helping you break the cycle of procrastination in your own projects and that you will be able to use it to become a more effective developer.

I'll leave you with a quote from the book *The Five Elements of Effective Thinking*:

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> "Being willing to fail is a liberating attribute of transformative thinking."
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### **3. So put yourself out there, create a practical plan, and stop procrastinating and start coding!**

[VIDEO SPEECH]

I want you to imagine sitting in front of your computer, staring at a blank screen.

You know you have to work on a code project, but it feels like you're frozen. The task before you is so intimidating that you don't even know where you begin.

It feels as if you'd rather be doing anything else in the world besides that task that's staring you in the face.

This scenario is the ugly and all too common face of procrastination that programmers are forced to fight constantly.

If this situation sounds familiar you're in good company.

But if you want to become a professional developer you'll need to implement a system for hacking procrastination.

And that's what we're going to walk through today.

As the lead instructor for Devcamp, I get asked questions from students around the world.

However one of the most prevalent inquiries I get from aspiring coders is how to overcome procrastination.

## ## Root Causes of Procrastination

Before we walk through a system for hacking procrastination we first need to dive into the root causes for this negative habit.

Everyone is unique, however, through the years I've seen procrastination is typically caused by three thought patterns:

- Perfectionism

- Fear of success

- Lack of planning

In order to overcome procrastination and get back on track, we'll need to address each one of these issues. Because if you let any of these mindsets control the way your mind operates, you will never be able to reach your potential.

## ## Hacking Procrastination

I called this guide hacking procrastination because I think that hacking is the most appropriate term for what needs to happen in order to achieve success. Developers hack applications in order to build features or fix bugs. In the same way, we need to hack our thought patterns so that our brains function properly.

Before we go through the system I want to make one concept clear. As humans, we were made for action. Procrastination is a negative habit that we've learned through fear driven thought patterns. In order to be successful at anything in life, whether it's development or business, overcoming procrastination is a requirement.

## Hacking Perfectionism

Starting off the list of the causes for procrastination is perfectionism.

Have you ever watched a baby trying to stand up for the first time? Babies, who haven't learned that failure is a "bad" thing will spend countless hours trying to stand up. Each time they fall down it doesn't seem to phase them in the slightest. But you won't find a baby that lets perfectionism get in the way of achieving their goal. Instead they will keep trying until they can stand up and eventually walk by themselves.

However somewhere between the time that we're babies and adults we develop the thought pattern that we're not supposed to fail. So instead of trying and failing until we succeed, we simply try to only perform tasks that we know we can do properly.

In order to hack perfectionism we have to remove the component in our brain that is afraid of failing. If you are a developer learning how to build a new feature that you've never worked through before? Let me clear something up. You are going to do it wrong the first time! And that's 100% fine. If you think that by waiting you are magically going to learn how to perform the task perfectly you are sadly mistaken.

So, step one is: **\*\*embrace failure and remove the requirement of perfectionism.\*\***

### **## Hacking the fear of success**

Next on the list is **\*\*hacking the fear of success\*\***.

If you're overcome the trap of perfectionism, congratulations. However I've seen just as many developers get stuck due to the fear of success as the fear of failure.

This concept may seem odd since success doesn't seem like something that you should be scared of. However I remember back to when I was first learning development.

When I was walking through a coding book I would get so excited when I discovered a new concept.

However then I would freeze. My mind's first response was:

>"If you learn this, then what are you going to do?"\*

For example, when I first learned how to build a connection to a database, I put the book down and didn't pick it up until weeks later.

By learning the database concept it opened up a new and scary new world of all of the new topics I had to learn after that.

All of a sudden I had to understand:

1. SQL queries
2. How to build relationships between database tables
3. SQL injection requirements

...

And the list seemingly went on infinitely in my mind

In order to hack the fear of success we need to quiet our minds. The fear of success is really rooted in the fear of the unknown. So whenever you're feeling this fear, simply take a step back.

Be happy that you have learned a new topic. And then move onto the next feature or topic.

Don't let your mind run wild with all of the potential, unknown concepts that you'll need to learn in the future.

Like learning anything else, you need to take it one step at a time.

## ## Hacking the plan

Last on the list for hacking procrastination is creating a practical plan.

When I recognize that I'm procrastinating I now tell myself to look at my plan of attack.

Usually I'll discover that my plan is too general.

For example, if I'm building a payroll application I may have an item on my todo list that says:

- Build reporting engine.

That's a scary feature!

That's the type of item that will stick on my todo list for weeks without me taking any action.

In order to fix this, I've learned that if I break the requirement into a series of very small tasks that I can break the cycle of procrastination.

For the reporting engine feature I can create a series of much smaller, more manageable tasks, such as:

- \* Create page for users to access reports.
- \* Implement a database query for pulling the reports from the database.
- \* Build a file downloader for reports.
- \* Etc.

When I **break a large and scary feature down into small pieces** I instantly feel better. The feature is no longer scary and I no longer feel like pushing it off until tomorrow.

Instead I am able to simply follow a set of small tasks each day until the feature is complete.

## ## Summary for Hacking Procrastination

I hope that this has been a helpful guide for helping you break the cycle of procrastination in your own projects and that you will be able to use it to become a more effective developer.

I'll leave you with a quote from the book *The Five Elements of Effective Thinking*:

> "Being willing to fail is a liberating attribute of transformative thinking."

So put yourself out there, create a practical plan, and stop procrastinating and start coding!

[SPA]

## 01-001: Rompiendo el Ciclo de la Procrastinación

Imagina que estás sentado frente a tu computadora, mirando una pantalla en blanco.

Sabes que tienes que trabajar en un proyecto de código, pero te sientes paralizado.

La tarea que tienes ante ti es tan intimidante que ni siquiera sabes por dónde empezar.

Sientes que preferirías estar haciendo cualquier otra cosa en el mundo además de esa tarea que te mira fijamente.

Este escenario es la cara fea y demasiado común de la procrastinación que los programadores se ven obligados a combatir constantemente.

Si esta situación te suena familiar, estás en buena compañía.

Pero si quieres convertirte en un desarrollador profesional, deberás implementar un sistema para hackear la procrastinación.

Y eso es lo que vamos a recorrer hoy.

Como instructor principal de Devcamp, recibo preguntas de estudiantes de todo el mundo.

Sin embargo, una de las consultas más frecuentes que recibo de los aspirantes a codificadores es cómo superar la procrastinación.

Causas Raíces de la Procrastinación

Antes de recorrer un sistema para hackear la procrastinación, primero debemos profundizar en las causas raíz de este hábito negativo.

Todos somos únicos, sin embargo, a lo largo de los años he visto que la procrastinación suele estar causada por tres patrones de pensamiento:

Perfeccionismo

Miedo al éxito

Falta de planificación

Para superar la procrastinación y volver a encarrilarse, tendremos que abordar cada uno de estos problemas. Porque si dejas que cualquiera de estas mentalidades controle la forma en que opera tu mente, nunca podrás alcanzar tu potencial.

Hackeando la Procrastinación

Llamé a esta guía "hackeando la procrastinación" porque creo que "hackeo" es el término más apropiado para lo que debe suceder para lograr el éxito. Los desarrolladores piratean aplicaciones para crear funciones o corregir errores. De la misma manera, necesitamos hackear nuestros patrones de pensamiento para que nuestros cerebros funcionen correctamente.

Antes de continuar con el sistema, quiero dejar claro un concepto. Como humanos, fuimos hechos para la acción. La procrastinación es un hábito negativo que hemos aprendido a través de patrones de pensamiento impulsados por el



miedo. Para tener éxito en cualquier ámbito de la vida, ya sea desarrollo o negocios, superar la procrastinación es un requisito.  
Hackeando el Perfeccionismo

Comenzando la lista de las causas de la procrastinación está el perfeccionismo.

¿Alguna vez has visto a un bebé tratando de ponerse de pie por primera vez? Los bebés, que no han aprendido que el fracaso es algo "malo", pasarán innumerables horas tratando de ponerse de pie. Cada vez que se caen, no parece afectarlos en lo más mínimo. Pero no encontrarás un bebé que permita que el perfeccionismo se interponga en el camino de alcanzar su objetivo. En cambio, seguirán intentándolo hasta que puedan ponerse de pie y finalmente caminar solos.

Sin embargo, en algún momento entre la infancia y la edad adulta, desarrollamos el patrón de pensamiento de que no se supone que fallemos. Entonces, en lugar de intentar y fallar hasta que tengamos éxito, simplemente tratamos de realizar solo tareas que sabemos que podemos hacer correctamente.

Para hackear el perfeccionismo, tenemos que eliminar el componente en nuestro cerebro que teme al fracaso. Si eres un desarrollador que está aprendiendo a construir una nueva función con la que nunca antes has trabajado, déjame aclarar algo. ¡Lo harás mal la primera vez! Y eso está 100% bien. Si crees que al esperar aprenderás mágicamente a realizar la tarea a la perfección, estás tristemente equivocado.

Entonces, el primer paso es: abrazar el fracaso y eliminar el requisito del perfeccionismo.

Hackeando el miedo al éxito

El siguiente en la lista es hackeando el miedo al éxito.

Si superas la trampa del perfeccionismo, felicidades. Sin embargo, he visto que tantos desarrolladores se quedan atascados debido al miedo al éxito como al miedo al fracaso.

Este concepto puede parecer extraño ya que el éxito no parece algo a lo que debas temer. Sin embargo, recuerdo cuando estaba aprendiendo desarrollo por primera vez.

Cuando estaba leyendo un libro de codificación, me entusiasmaba mucho cuando descubría un nuevo concepto.

Sin embargo, luego me congelaba. La primera respuesta de mi mente fue:

> "¿Y si aprendes esto, qué vas a hacer?"\*

Por ejemplo, cuando aprendí por primera vez a establecer una conexión con una base de datos, cerré el libro y no lo volví a abrir hasta semanas después.

Al aprender el concepto de base de datos, se abrió un nuevo y aterrador mundo de todos los nuevos temas que tenía que aprender después de eso.

De repente tuve que entender:

1. Consultas SQL
2. Cómo construir relaciones entre tablas de bases de datos

### 3. Requisitos de inyección SQL

...

Y la lista aparentemente seguía infinitamente en mi mente

Para hackear el miedo al éxito, necesitamos aquietar nuestras mentes. El miedo al éxito está realmente arraigado en el miedo a lo desconocido. Entonces, cada vez que sientas este miedo, simplemente da un paso atrás.

Siéntete feliz de haber aprendido un nuevo tema. Y luego pase a la siguiente función o tema.

No dejes que tu mente se des controle con todos los conceptos potenciales y desconocidos que tendrás que aprender en el futuro.

Al igual que aprender cualquier otra cosa, debes tomarlo paso a paso.

Hackeando el plan

El último en la lista para hackear la procrastinación es crear un plan práctico.

Cuando reconozco que estoy procrastinando, ahora me digo que mire mi plan de ataque.

Por lo general, descubro que mi plan es demasiado general.

Por ejemplo, si estoy creando una aplicación de nómina, puede que tenga un elemento en mi lista de tareas pendientes que diga:

- "Crear motor de informes."

¡Esa es una característica aterradora!

Ese es el tipo de elemento que se quedará en mi lista de tareas pendientes durante semanas sin que tome ninguna acción.

Para solucionar esto, he aprendido que si divido el requisito en una serie de tareas muy pequeñas, puedo romper el ciclo de la procrastinación.

Para la función del motor de informes, puedo crear una serie de tareas mucho más pequeñas y manejables, como:

- \* Crear una página para que los usuarios accedan a los informes.
- \* Implementar una consulta de base de datos para extraer los informes de la base de datos.
- \* Crear un descargador de archivos para informes.
- \* Etc.

Cuando divido una función grande y aterradora en pequeños fragmentos, instantáneamente me siento mejor. La función ya no da miedo y ya no tengo ganas de posponerla hasta mañana.

En cambio, puedo simplemente seguir una serie de pequeñas tareas cada día hasta que la función esté completa.

Resumen para Hackear la Procrastinación

Espero que esta haya sido una guía útil para ayudarlo a romper el ciclo de la procrastinación en sus propios proyectos y que pueda usarla para convertirse en un desarrollador más efectivo.

Te dejo con una cita del libro Los cinco elementos del pensamiento efectivo:

> "Estar dispuesto a fallar es un atributo liberador del pensamiento transformador".

¡Así que muévete, crea un plan práctico, deja de procrastinar y comienza a codificar!  
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