

Day 1: Understanding Your Strategic Approach

Active Procrastinator Workbook

Focus: Map your unique pressure-performance patterns

Time: 20 minutes | **Exercise:** Strategic Delay Assessment



Morning Check-in 2 min

Quick Questions:

- What task am I strategically delaying and why might this be optimal timing?
- What's my current energy/pressure level for peak performance?
- How can I honor my natural work style today?

Task I'm delaying:

Why optimal timing:

Pressure/energy level:



Strategic Delay Assessment 15 min

Purpose: Understand when your delay patterns serve you vs. need adjustment

1 Recent Success Analysis 7 min

Think of 2 recent tasks where you delayed and achieved good results:

Task 1:

When started:

.....

Why you waited:

.....

Quality (1-10):

Stress (1-10):

Task 2:

When started:

.....

Why you waited:

.....

Quality (1-10):

Stress (1-10):

2 Pattern Recognition 5 min

What do your successful delays have in common?

Time of day you work best:

Optimal pressure level (1-10):

Task types that benefit from delay:

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When does your strategic delay work BEST?

- ☐ *Complex creative projects*
- ☐ *Analytical/problem-solving tasks*
- ☐ *High-stakes presentations*
- ☐ *Other:*

3

Challenge Area Identification

3 min

Times when delay might not have served you well:

Your delay approach might need adjustment when:

- ☐ Multiple deadlines converge
- ☐ Health/energy is compromised
- ☐ External dependencies exist
- ☐ Other:

○ ○ ○

Pressure Optimization Commitment

2 min

Purpose: Set intention for strategic improvement rather than elimination

One insight about your optimal pressure point:

One area to fine-tune:

Today's experiment:

Evening Reflection

1 min

What did you notice about your energy and focus patterns today?

How did honoring your natural timing feel?

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One thing to explore more:



Tomorrow's Preparation

Tomorrow we'll dive into understanding your natural energy patterns and how they align with your strategic timing.

Strategic Thinking Thought:

"My tendency to delay isn't a flaw to fix—it's a strength to optimize."