

# Day 1: Understanding Your Strategic Approach

Active Procrastinator Workbook

Today's Focus: Map your unique pressure-performance patterns  
Time Commitment: 20 minutes  
Core Exercise: Strategic Delay Assessment

## Morning Check-in (2 minutes)

Daily 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: .....

## Main Exercise: Strategic Delay Assessment (15 minutes)

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

### 1 Recent Success Analysis (7 minutes)

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 minutes)

What do your most successful delays have in common?

Time of day you work best: .....

Optimal pressure level (1-10): .....

Task types that benefit from delay: .....

When does your strategic delay work BEST?

☐ Complex creative projects

☐ Analytical/problem-solving tasks

☐ High-stakes presentations

☐ Other: .....

### 3 Challenge Area Identification (3 minutes)

Times when delay might not have served you well:

Challenging situation: .....

What went wrong? .....

Warning signs you missed: .....

Your delay approach might need adjustment when:

☐ Multiple deadlines converge

☐ Health/energy is compromised

☐ External dependencies exist

☐ Other: .....

### Pressure Optimization Commitment (2 minutes)

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 minute)

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

How did honoring your natural timing feel? .....

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."