

# Day 1: Understanding Your Strategic Approach

*Active Procrastinator Workbook*

**Focus:** Map your unique pressure-performance patterns

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

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## 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: .....

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# 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): .....

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## 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:

.....

When does your strategic delay work  
**BEST?**

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

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### 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?*

.....

*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."*

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