

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 minutes

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:

1 Strategic Delay Assessment: Success Analysis

7 minutes

Analyze 2 recent tasks where you delayed and achieved good results

Task 1:

.....

When started:

Why you waited:

Quality: ☐ Stress: ☐

Task 2:

.....

When started:

Why you waited:

Quality: ☐ Stress: ☐

3 Challenge Identification

3 minutes

Recognize when strategic delay might not serve you

Times when delay might not have served you well:

Your delay approach might need adjustment when:

- | | |
|--|---|
| <input type="checkbox"/> Multiple deadlines converge | <input type="checkbox"/> Health/energy is compromised |
| <input type="checkbox"/> External dependencies exist | <input type="checkbox"/> Other: |

Pressure Optimization Commitment

2 minutes

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 deeper into optimizing your strategic approach.

Strategic Thinking Thought:

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