

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:

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Strategic Delay Assessment

15 minutes

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

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:

Warning signs you might have missed:

Your delay approach might need adjustment when:

☐ Multiple deadlines converge

☐ Health/energy is compromised

☐ External dependencies exist

☐ Other:

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."