

# 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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### 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

*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*

*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."*