
Day 3: Tracking Your Patterns

Today's Focus: Connect emotional states to procrastination patterns

Time Commitment: 20 minutes

Core Exercise: Daily Mood and Task Tracking Setup

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

Today's avoided task: _____

Fear behind it: _____

Compassionate response to myself: _____

Main Exercise: Pattern Tracking System (15 minutes)

Purpose: Identify connections between emotions, energy, and avoidance

Step 1: Create Your Tracking Chart (5 minutes)

Set up a simple chart in your phone or notebook with these columns:

- Time
- Mood (1-10)
- Energy (1-10)
- Procrastination Level (1-10)

- What I'm avoiding
- How I'm avoiding it

Step 2: Take Your First Measurements (3 minutes)

Right now, rate yourself:

- Current mood (1=terrible, 10=great): _____
- Current energy (1=exhausted, 10=energized): _____
- Procrastination level (1=focused, 10=completely avoiding): _____
- What you're avoiding right now: _____
- How you're avoiding it: _____

Step 3: Identify Your Procrastination Cycle (7 minutes)

Think about yesterday or a recent procrastination episode. Fill in this cycle:

TRIGGER (What started it?)

Example: Saw email from boss

THOUGHT (What went through your mind?)

Example: "This is going to be criticism"

EMOTION (What did you feel?)

Example: Anxiety, dread, shame

AVOIDANCE BEHAVIOR (What did you do instead?)

Example: Checked social media for 2 hours

CONSEQUENCE (What happened as a result?)

Example: Task still there, more stress, guilt

5-Minute Task Timer (2 minutes)

Purpose: Overcome initial resistance through time-boxing

Set a timer for ONLY 5 minutes. Choose any small part of a task you've been avoiding.

Task I'll work on: _____

Start time: ____:____

After the timer:

What did you accomplish? _____

How did your feelings change during those 5 minutes? _____

Tracking Commitment (1 minute)

For the rest of today, set 3 phone alarms to take quick measurements:

- Alarm 1 time: ____:____

- Alarm 2 time: ____:____

- Alarm 3 time: ____:____

Just rate: Mood / Energy / Procrastination Level on 1-10 scales

Tomorrow's Preparation

Tomorrow we'll compare your fears with reality by testing one specific prediction.

Pattern Awareness Thought:

"Awareness is the first step to change. I'm becoming an observer of my own patterns."

