

Day 1: Understanding Your Strategic Approach

Active Procrastinator Workbook

Focus: Map your unique pressure-performance patterns

Time: 20 minutes

Exercise: Strategic Delay Assessment

Morning Check-in (2 min)

- What task am I strategically delaying and why?
- What's my current energy/pressure level?
- How can I honor my natural work style today?

Task: _____

Why: _____

Energy: _____

Strategic Delay Assessment (15 min)

Purpose: Understand when 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: _____
Started: _____
Why waited: _____
Quality (1-10): ____ Stress (1-10): ____

Task 2: _____
Started: _____
Why waited: _____
Quality (1-10): ____ Stress (1-10): ____

2 Pattern Recognition (5 min)

What do your successful delays have in common?

Best time: _____
Pressure level: ____
Task types: _____

When does delay work BEST?

- ☐ Complex creative projects
- ☐ Problem-solving tasks
- ☐ High-stakes presentations
- ☐ Other: _____

3 Challenge Areas (3 min)

When delay didn't serve you well:

Situation: _____

What went wrong: _____

Warning signs: _____

Adjust when:

☐ Multiple deadlines

☐ Health/energy compromised

☐ External dependencies

☐ Other: _____

Commitment (2 min)

Insight about optimal pressure:

Fine-tune: _____ Today's experiment: _____

Evening Reflection (1 min)

Energy and focus patterns noticed:

How timing felt: _____ Explore more: _____

Tomorrow

We'll explore natural energy patterns and strategic timing alignment.

Strategic Thought:

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