

Day 1: Understanding Your Strategic Approach

Active Procrastinator Workbook

Today's Focus: Map your unique pressure-performance patterns

Time Commitment: 20 minutes

Core Exercise: Strategic Delay Assessment

Morning Check-in (2 minutes)

Daily 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:

Main Exercise: Strategic Delay Assessment (15 minutes)

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

1 Recent Success Analysis (7 minutes)

Think of 2 recent tasks where you delayed and achieved good results:

Task 1:

When started:

Why you waited:

Quality (1-10):

Stress (1-10):

Task 2:

When started:

Why you waited:

Quality (1-10):

Stress (1-10):

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:

Challenging situation:

What went wrong?

Warning signs you missed:

Your delay approach might need adjustment when:

- ☐ Multiple deadlines converge
- ☐ Health/energy is compromised
- ☐ External dependencies exist
- ☐ Other:

Pressure Optimization Commitment (2 minutes)

Purpose: 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 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."