

Harnessing your zombies to *help* you

Barbara Oakley, PhD

What launches you into procrastination mode?

1. The cue

- Location
- Time
- How you feel
- Reactions

2. The routine

- Plan

3. The reward

4. The belief

Image Credits

- Surfing zombie, ©Kevin Mendez, 2014.
- Funneling of attention in procrastination ©Kevin Mendez, 2014.
- Comfortable chair, © Philip Oakley, 2014.
- Clip art courtesy Microsoft Corporation

Relevant Readings

- Boice, Robert. *Procrastination and Blocking*. Westport, CT: Praeger, 1996.
- Duhigg, Charles. *The Power of Habit*. NY: Random House, 2012.
- Fiore, Neil A. *The Now Habit*. NY: Penguin, 2007.
- McClain, Dylan Loeb. "Harnessing the Brain's Right Hemisphere to Capture Many Kings." *New York Times*, Jan 24 2011.
- Steel, Piers. "The Nature of Procrastination: A Meta-Analytic and Theoretical Review of Quintessential Self-Regulatory Failure." *Psychological Bulletin* 133, no. 1 (Jan 2007): 65-94.
- ———. *The Procrastination Equation*. NY: Random House, 2010.
- Wan, X., H. Nakatani, K. Ueno, T. Asamizuya, K. Cheng, and K. Tanaka. "The Neural Basis of Intuitive Best Next-Move Generation in Board Game Experts." *Science* 331, no. 6015 (Jan 21 2011): 341-6.