

The End of Procrastination and Buttery Execution

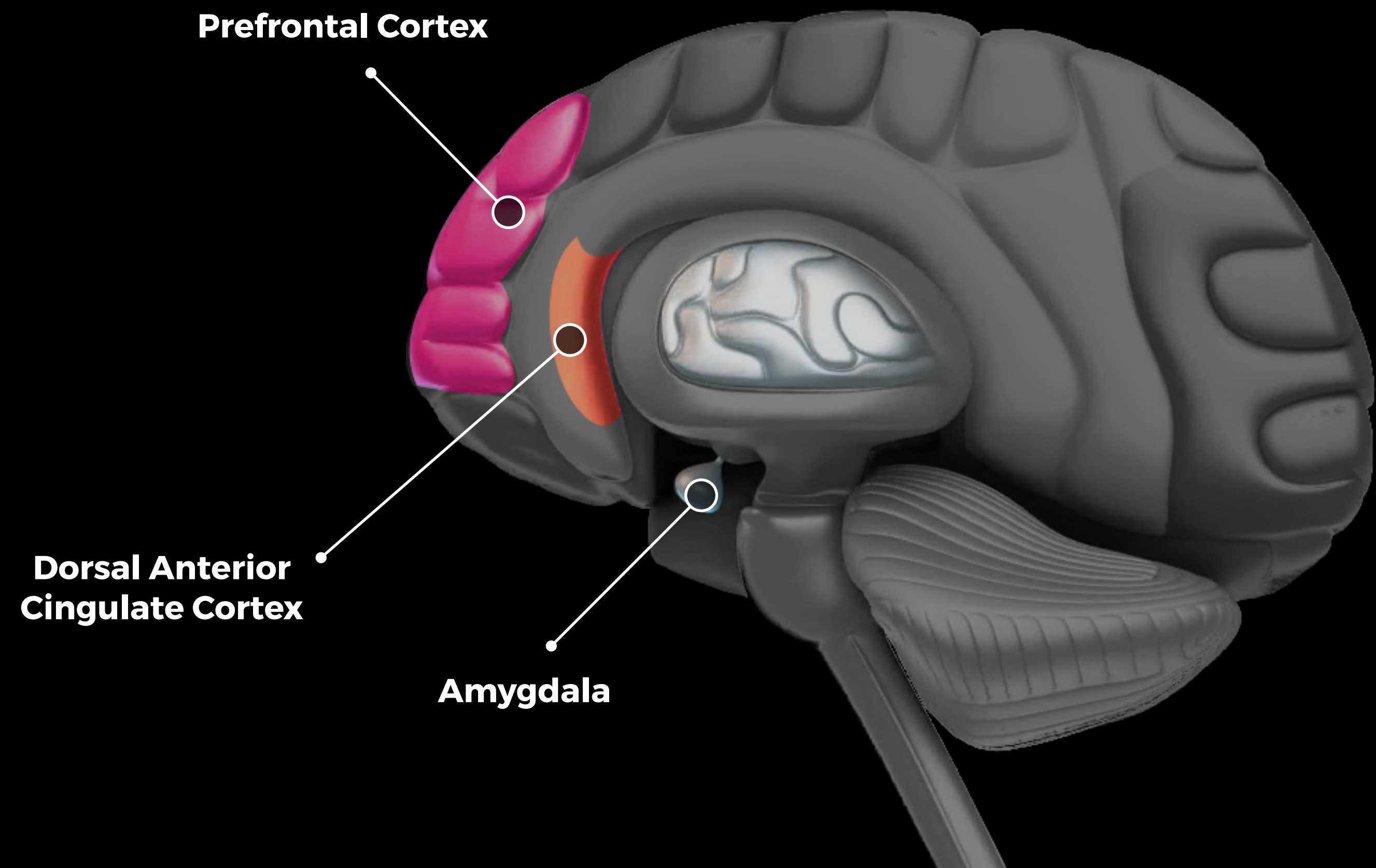
Today's Gameplan

- 1 Clear Goals to Eliminate Micro Confusion
- 2 CS Balance Tuning
- 3 Procrastinate the Trivial and Avoid Pre-Crastination
- 4 Act Before You Think
- 5 Use Mental Contrasting

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The Neurobiology of Procrastination



Eliminate Micro Resistance with Hyper Clear Goals



Short Term Annihilation of Paralysis

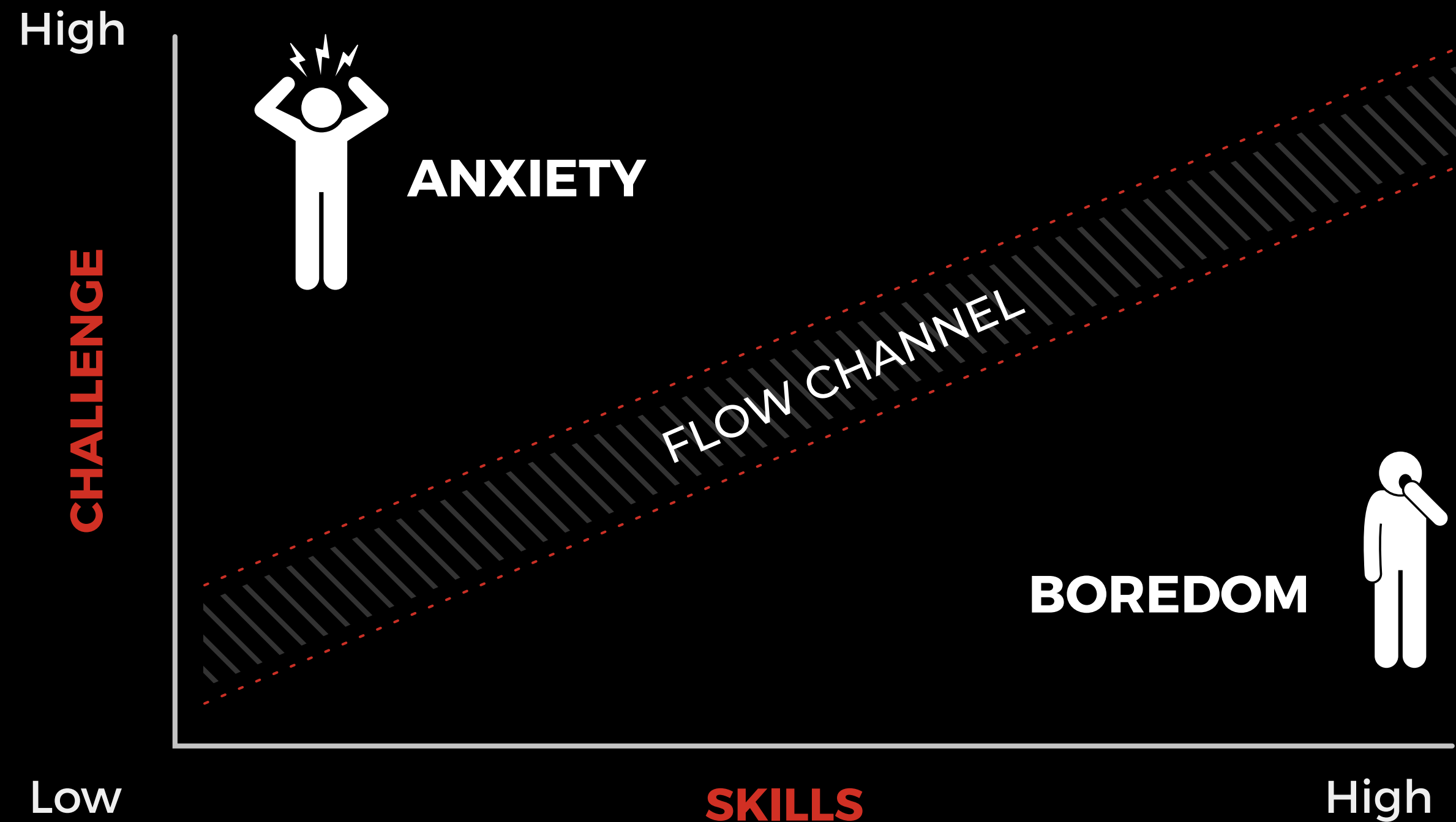
Get a physical pen and paper ready and then complete the following exercise.

- 1 What specifically am I trying to achieve RIGHT NOW?
- 2 What are all the steps involved in achieving this thing? Be specific. The more the better.
- 3 What order should I execute these steps? Put the steps in the right order.
- 4 What is the first step?
- 5 What are the steps to achieving that first step? Be specific, the more the better.
- 6 List all of these steps out in order.
- 7 Complete the first of these steps! Then the second, then the third. Watch as you drop into flow.

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Tune the Challenge Skills Balance to Unlock Buttery Execution



FLOW: Mihaly Csikszentmihalyi, *Flow* (1990), p.74

1 Regulating time allotments to increase and decrease challenge:

- Adding artificial deadlines
- Expanding time allotment

2 Narrow the task to decrease challenge:

- One minute of meditation, one set of squats, five minutes of writing.

3 Reduce friction.

- Ensure starting the task is like a greased chute.

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Use Pre-Crastination to Slash Procrastination by Small Chunking Tasks



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Beat Your Emotions to It with the 5 Second Rule

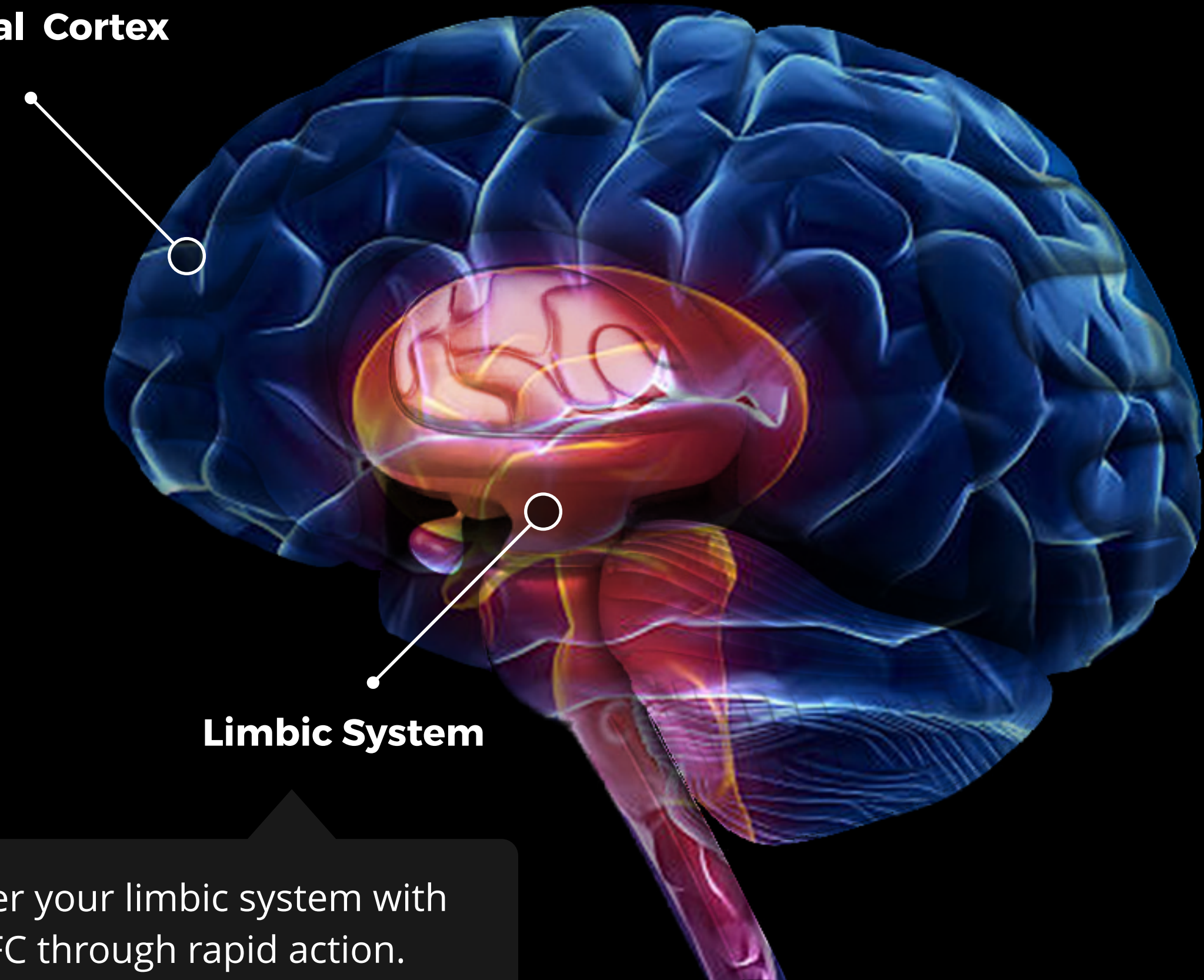
Prefrontal Cortex

- Planning mechanism
- Impulse control and organization of emotional reactions
- Decision making: Is this a good idea?
- The adult of your brain

Limbic System

- Keeps you alive
- Wants to feel good
- Dislikes pain
- The child of your brain

Prefrontal Cortex



Limbic System

Overpower your limbic system with
your PFC through rapid action.

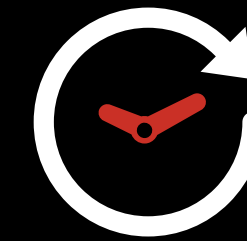
If You're Ever Stuck – Go to
<https://www.flowresearchcollective.com/help>



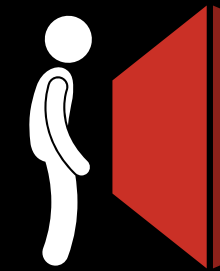
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Use Mental Contrasting to Reinforce Feedback Loops



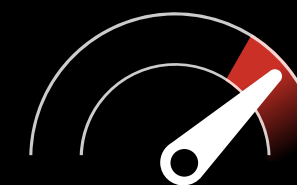
Visualize ideal future



Visualize present reality blocking ideal future



Strengthen association with present block and ideal future



Dial up desire to execute and go!

Exercise:

Experiment with the Sleep to Flow Strategy



Download Workbook
to Get Started