

PROCRASTINATION - why? - understand.

(master procrastinator)
I do a lot, but I don't do what I'm supposed to be doing.

wanted to get to the bottom of this.

(A) → I know what I have to do. I've got the energy to do it. I do a) other stuff
b) open youtube

Not fatigue in the sense too sleepy, late night, energetic enough to watch youtube or browse Amazon till 2am → guilt feelings

Theories + my experience + critical evaluation

1) Roots - [Id] + [Stakes] + directed concentration (expectation before actual)

Cognitive
or
physically
or
boring
or
monotonous

Arousal
(interest)

DISTRACTIONS
(no we create)

Anxiety is a big factor. (accumulates
↳ more you
put off for a day when you can spend
superhuman effort at it. But the
point is as energetic as today, in
fact more difficult. (The more you
do, the easier it becomes - punishment)

Techniques - we create our own.
(deadlines etc), (first thing in the
morning)

Doesn't work → The solution is
Something you won't like a la Kung
fu panda - Don't worry about
it - YOU WILL BE A PROCRASTIN
ATOR and that's okay.

Everyone procrastinates. (Discipline
or disutility - and people do yoga
assignments on time etc)

1) prior +
the utility

a) phases of do or not, accomplish during those phases -

my philosophical outlook

Daoism - wu-wei (non doing) effortless effort.

how - interest + Eudaimonia.

my techniques - compared to Buddhist techniques.

Examples - book, guitar, work.

(A) sit on it, literally.

project, I sit at chair, look, ~~to~~ open my phone - mindful (don't use this word)

point is to be aware of what you're supposed to be doing.

(panic - don't get up, start doing)

deliberately do you sit on a chair and fall back to leisure thinking you have to do, do it for hours

until you reach a point where you
relied to get rid of the frustra-
tion by actually working.

⑤ Anxiety - wu-wei? Einstein.

(Build interest - game theory
why is it interesting, build interest

- music piece - listen to concert.
- Blog piece - Read your old
entries
- Concept - watch youtube vids.
- Paper -

⑥ Stimulate intellectually → A dense
book - try to understand it
(critique of pure reason)
get yourself one - say on

Quantum theory, advanced music
theory

or Youtube channel
like Wisnash, etc

④ Stimulants - coffee (doc) works first thing morning, tea person - switch! to brewed coffee, add some thiamine to the mix.

(all other kinds - non dangerous ones)
⑤ ^{the reinforcement} (whatever makes work enjoyable (music), TV etc) prime yourself - disorganised.

(first thing after morning coffee is to organise a to do list, or cleaning up your room)

⑥ Listen to non-pop music - preferably classical, instrumental (long pieces) (Builds patience) (enjoyable too slowly)

⑦ Multitasking - best for shallow work.

deep work → intense concentration - do it after midnight (experiment)

⑧ Read books - builds patience, calm

⑨ Go with the flow -

⑩ micro to do list

NOTES
META NOTES

2042