

Procrastinate (Latin) = leave for tomorrow.

↳ you're a pro at this.

30% of the population, and 80% of college students are chronic procrastinators.

- Not doing what you're supposed to do. and you are aware about it.
- If you do something valuable instead of the task, you don't feel bad.
- If you do something useless, you feel bad.

How?

- social media is the worst.
- do nothing.
- sleep.

Why?

- perceived goal of the activity.
- accountability (somebody expects you to do it)
- value of the person who has assigned you the activity.
- how do you decide the value of something.

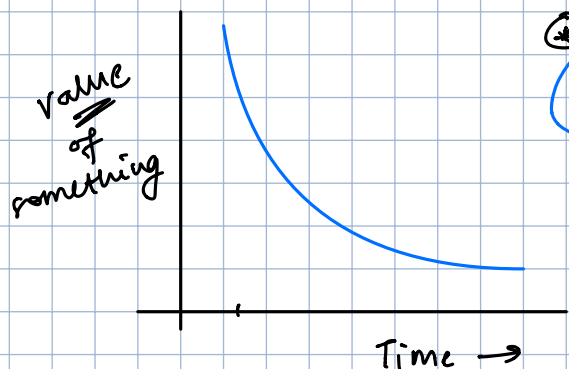
↳ we understand the flip side of not doing something.

pleasure  
+100

pain.  
-100

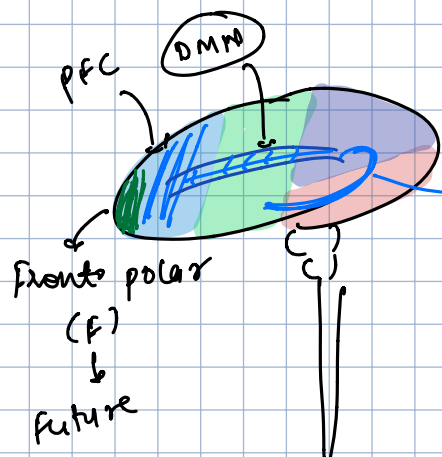
-100 is more important than +100.

Fear is an important driver than hope.



⊛ Present Bias - anything which is to be addressed immediately is important or has more value.

Hyperbolic discounting.



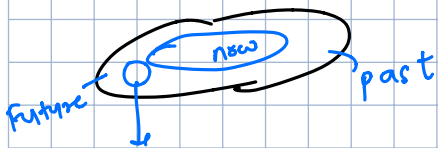
Fronto polar does all the thinking about the future / plans etc. consequences, decision-making, risk assessment etc.

Limbic System

↳ what is important for me right now, right here in the moment - primitive and survival driven.

Default mode network (DMN) connects (F) and Limbic system.

- responsible for present awareness, here and now.



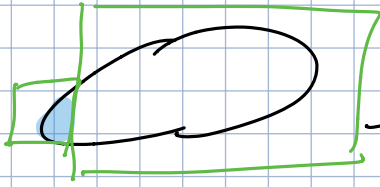
→ your brain has this timescale associated with these parts.

(V) is calculated keeping future, now, past in consideration.

↓  
value

- How valuable is a punch?
- How valuable are 100rs. to you?

All values are calculated here.



The small "future" part is struggling to force you to think of the future.

→ while the majority part of the brain is dedicated to present and past.

It is an unfair fight.

Large part of the brain is involved in scrolling social media while vmPFC is dedicated to make you think of the future.

IF vmPFC is damaged, the value system of a person is destroyed.

IF vmPFC is not practiced enough, you become weak in thinking and planning for the future.

### Solution -

1. Pick your distraction whenever you feel like procrastinating.

→ pre-existing dopamine kick

→ ukulele, learn musical instrument

→ something that is addictive

→ social media 2hrs today is same as 2hrs next week.

→ Skill 2hrs today is additive.

2. Break time unit into pieces.

→ Make timetable rather than relying on big days before exam.

→ we overestimate our hard work

→ we simply are not good at future calculations, ex. no difference between 2yrs in future and 3yrs in future.

3. Dopamine is still dopamine

→ choose to study for hours followed by break, rather than studying full day followed by complete day break.

4. Gamify your way of working.

→ Comparison with yourself (your version last month / today / future)

→ Healthy competition.

5. Acknowledge

→ that your brain is evolved over years!

→ your guilt of procrastinating.