

EXERCISES * Ask yourself: What is my secret pay-off?

Procrastination is about...

TONY ROBBINS

- ... fear of failure/success/unknown
- make decisions from a place of motivation, keep momentum going
- risk yourself with vivid image of what happens when you don't assemble yourself.
- miniature tasks to keep going

SIMON SINEK

- ... a lack of clarity + purpose
- find the why
- realising that in a world of INSTANT GRATIFICATION & dopamine hits it's hard to realise there's still a journey to take up that mountain!
- ask for help, deeper relationships, make our authenticity.

NICOLE LEPERA

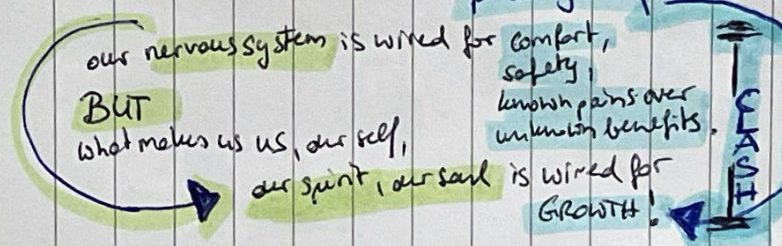
- ... a coping mechanism to avoid uncomfortable feelings or situations
- it's self-sabotage/protection from failure and judgement from ourselves + others.

MEL ROBBINS

- ... a stress-relief, a habit
- stressed about something
- get stressed
- not doing it
- more stress
- avoidance behaviour / coping mechanism (like scrolling, binge-ing)
- stress-relief
- risk and repeat

Story XXII / Ep. 23
~* PROCRASTINATION or functional freeze.

The act of unnecessarily + voluntarily delaying or postponing something despite knowing that there will be negative consequences for doing so.



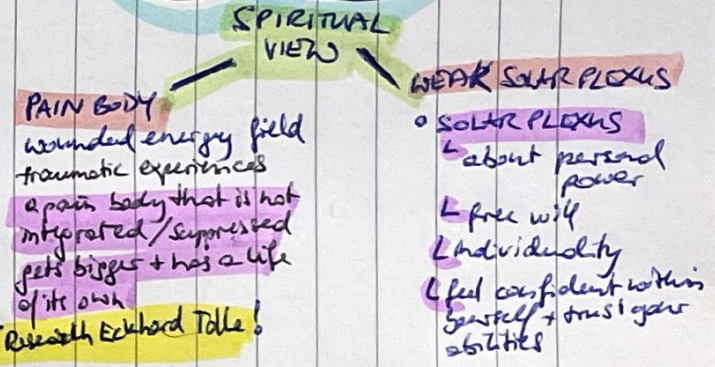
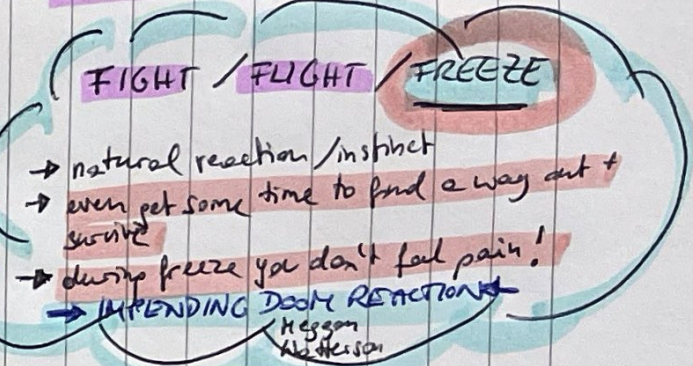
INCONSEQUENTIAL VS. CONSEQUENTIAL

- INCONSEQUENTIAL**
 - ↓
 - dishes in the sink
 - showers
 - take the bins out
 - do the laundry
 - not quite long term consequences
 - no deadlines!
- CONSEQUENTIAL**
 - ↓
 - stay in a relationship, friendship, situation, workplace
 - although it distracts our mental health
 - distracts our happiness fulfillment.

A TRAUMA RESPONSE THAT TRIGGERS WHEN CONFRONTED WITH VERY CONSEQUENTIAL CHOICES + ACTIONS TOWARDS UNKNOWN TERRITORY.

our nervous system gets into overdrive
a dysregulated nervous system is treated by each and everyone of us differently
→ coping mechanism/stress-relief is individual!
YOU ARE NOT LAZY, UNDISCIPLINED OR UNABLE TO MANAGE YOUR TIME,
YOU TRY TO SELF-PRESERVE + SELF-PROTECT.
STOP JUDGING YOURSELF!

- Christina Lopez
- Tony Robbins
- Mel Robbins
- Simon Sinek
- Nicole Lepera
- Inside the Mind of a Procrastinator YT video



- 1 CALM NERVOUS SYSTEM + INTERRUPT THE PATTERN**
 - be how you would act for your best friend
 - breathe deeply and calm your nervous system
 - interrupt your avoidance mechanism (jump up, clap hands, dance, walk)
 - abandon pressure of the to-do task + stress from not being able to not do it
 - STOP SELF JUDGEMENT. maybe do just one 5min task
- 2 INTEGRATE / HEAL THE TRAUMA**
 - symptom is procrastination, root is the pain body
 - feel the feelings!
 - TEAL SWAN: how to heal the emotional body