

# Now Habit

A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

Neil Fiore, PhD

# Intro

- **Learn how to overcome procrastination and enjoy guilt-free play**

**THE NOW HABIT** offers a comprehensive plan to help readers lower their stress and increase their time to enjoy *guilt-free play*.

- Dr. Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

# Key Ideas

- Why we procrastinate
- How we procrastinate
  - 5 stages
- How to Talk to ourselves
- Un-schedule to battle workaholism
- The missing ingredient in most people's goal statement

# Why we procrastinate

- Fear of judgment/ Your self worth in question
  - Fear of Failure
  - Fear of success – what will happen next and can I handle it?
  - Trying to be perfect
  - To avoid overwhelm
- Creating a Fire in order to walk across the street

# How we procrastinate

- Keep a procrastination log
  - Activity
  - Thoughts and feelings
  - Justification for procrastination
  - Attempted solutions
  - Resultant thoughts and feelings
- Walking on a board
  - Situation A: Walk a solid board that is thirty feet long, four inches thick, and one foot wide.
  - Situation B: the board is suspended between two buildings 100 feet above the pavement.
    - Regardless of how simple the task, that fear - that a mistake could mean the end of your life - makes it almost impossible to take that first step.
  - Situation C: 100 feet above the ground. The building supporting your end of the board is on fire!
    - It is only the dread of something worse that gets us beyond our dread of being less than perfect and being judged.
  - When you procrastinate, it's as if you are the one raising the board off the ground, getting yourself frozen, and then lighting that fire to create the pressure of a real deadline.

# 5 stages

1. Give a task/goal the power to determine your self worth
2. Use perfectionism/self judgment to raise the task 100 ft above ground
3. You are frozen with anxiety
4. Use procrastination to escape the stress
5. Use a real threat – like fire or deadline to release yourself from the grips of fear and take action

# How to talk to ourselves

- Not thinking - I have to or I should.
- But “I chose to”. I have the power

Procrastinator	Producer	
I have to	I choose to	
I must finish	When can I start?	
This project is big and important	I can take one small step	
I must be perfect	I can be perfectly human	
I don't have time to play	I must take time to play	

# Grad School and Workaholism

- He finished his dissertation in 1 yr working 20 hrs a week
- While others took 3-13 years to do the same
  - They were not living a complete life.
  - They did not have other things to look forward to
  - Always guilty when enjoying anything.
- Workaholism is BAD. We get less done



# How to unschedule

- Schedule your week – non-work activities only.
  - Don't schedule work on it.
  - Go from 168 hours to maybe 60 hrs
  - Pre-scheduled commitment to guilt free recreation
- Take credit ONLY for work that is at-least 30 mins of uninterrupted time
  - 30 mins reduces work to small, manageable, rewardable chunks
  - No overwhelm
- Reward yourself with a break
  - List rewards before you start working – so you can anticipate them
- Keep track of # of quality hrs worked
- Focus on
  - JUST starting
  - starting small
  - Keep Starting

# The Unschedule

- 5 Major benefits of unschedule:
  - Realistic Time budgeting and time keeping
  - 30 mins of quality time
    - Focusing on starting. Focus on just doing for 30 minutes
  - Experiencing success
    - By recording the time
  - Self imposed deadlines
  - Newfound free time
- Reverse psychology
  - Don't work more than 40 hours/week
  - Must have FUN every day
  - Must take at-least one day off
  - Start small. Not big

# Goals & Progress

- The biggest Key to Handle Procrastination:
  - When will you start
  - What will you do
- Goal Setting
  - To be truly effective in your goal-setting, You need:
    - functional subgoal that tells you what to do today.
    - Action-oriented subgoals will help you to visualize when, where & what. The more specific – the better
  - "I will complete painting the house by June 1"
  - "I will complete painting the house by June 1 by investing at least fifteen hours a week,"
  - "I will lose ten pounds by December 31"
  - "I will lose ten pounds by December 31" by exercising 30 mins/day and removing 300 calories a day from my meals."

# Exercise

- Effective goal setting
  - Functional, Action oriented sub goals with as much precision as possible
    - What, where and when
- Keep starting
  - When
  - What