

# So...you didn't do your hobby

Here's why (*and no, you're not lazy*) Pt. 1



# PAUSE ME

**STEP 1: Write down  
everything you've done  
today or yesterday  
(60 seconds)**

# I've Never Found an Anti-Procrastination Strategy that Actually Works

## Tips/Suggestions

The irony of productivity and anti-procrastination strategies for me is that implementing them just ends up being an additional task that I will procrastinate on.

"Make a schedule!" Lol, if I can't bring myself to do my tasks, why would I be able to bring myself to think about my entire week and try to organize it, as if that doesn't take a similar amount of mental energy?

"Do the Pomodoro technique!" Either I just never get around to starting the task and the timer, or if I do, I get through maybe one or two cycles of work before one of my "breaks" extends indefinitely for the rest of the day.

"Eat the frog first!" Great. Now, not only did I not do the task I'm anxious about, but I didn't do *anything else* and I spent the whole day doing nothing because I couldn't let myself do anything else until I did the harder task.

"Do the easy tasks first!" Okay, eat the frog didn't work. Maybe the opposite will? Nope. I just find a million "small tasks" to do and never get to the hard one, or doing some other energy-intensive task makes it so that I am all tasked-out for the rest of the day.


The problem with any productivity strategy is that my fundamental problem is being able to do things, and these strategies are all just further things that I have to do.

This becomes then  
*less* of a HOW and  
more of a WHY than  
'the strategy doesn't work.'



**Procrastination is **NOT** laziness; it's about how our brains rank priorities and tasks. (part 1)**

**And the **feelings/meanings** our brains associate with those tasks. (part 2)**

- For non-ADHDers it's just a simple 'I'm going to study at a later time' no emotional meaning.
  - For ADHD brains, procrastination is tied to executive function challenges—difficulty starting, staying focused, and completing tasks .
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## 3 THINGS YOU NEED TO KNOW BEFORE YOU TRY AGAIN

- 2 Types of Procrastination
- Two Priorities
- Wall of Awful

# 2 Types of Procrastination

First, there's **Active Procrastination**.

Intentionally delaying tasks for a sense of urgency later (e.g., last-minute essay writing)



# 2 Types of Procrastination



## Then there's **Passive Procrastination**.

This is when you avoid tasks altogether, but they linger in the back of your mind, creating more **shame & anxiety** over time.

i.e. play video games or scrolling for hours even though your brain is still thinking about the task & it not being done.

**Active procrastination  
(later gator) can be helpful  
and thrives with intentional  
urgency,  
Passive procrastination  
("in limbo") avoids tasks  
and creates a cycle of  
anxiety & wall of awful**



**PULSIVE**

**FAIL**

**SELF DOUBT**

**REJECTION**

**IG**

**WORRY**

**DISAPPOINTMENT**

**IMPULSIVE**

**FORG**

**JECTION**

**PROCASTINATING**

**PROCASTINATING**

**SELF DOUBT**

**G**

**FORGETTING**

**WORRY**

**WORRY**

**REJECT**

**JECTION**

**DISAPPOINTMENT**

**DISAPPOINTMENT**

**DISAPPOINTMENT**

**Credit: Brendan Mahan**

## **The Wall of Awful**

*Built By Failure, Stacked  
By Disappointment, Worrying etc.*



1

2

3

**YOUR BRAIN HAS  
DIFFERENT PRIORITIES  
THAN YOUR CURRENT TO-  
DO LIST &  
MAKING IT MEAN  
SOMETHING ABOUT YOU.**

# Procrastination = Differing Priorities

- Our brains juggle between **real needs** (e.g., hunger, sleep) and **cravings** (e.g., quick dopamine hits like scrolling or gaming)
- ADHD amplifies this conflict due to fluctuations in dopamine levels and working memory capacity .  
i.e. If basic needs aren't met (hunger, thirst, emotional regulation), procrastination intensifies because the brain signals those as higher priorities



**ACTION STEP:**  
**WATCH PART 2**