

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

**HOW** to show up for your hobby again *Pt.3*



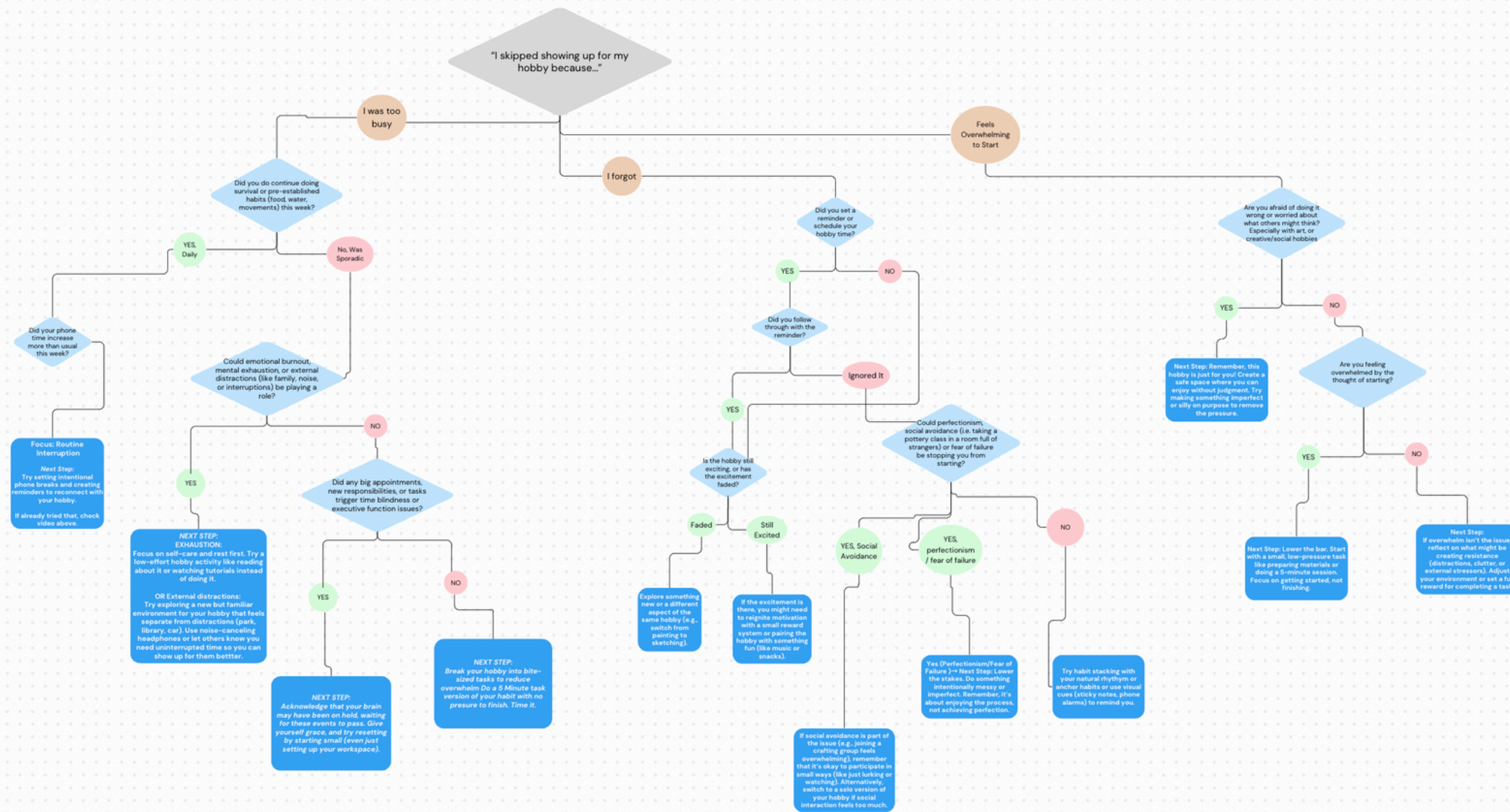
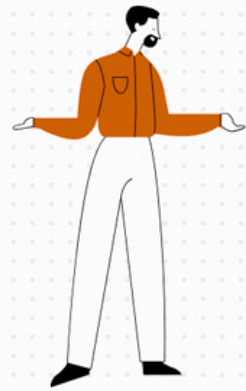


**BEFORE WE CONTINUE:**

**What's your first response  
to, "*I didn't show up for my  
hobby because...*"**

# PROCRASTINATION MIND MAP

## What to Do



[CLICK HERE](#)

# THE THING ABOUT STARTING IS..

## DON'T Do the Next Step..

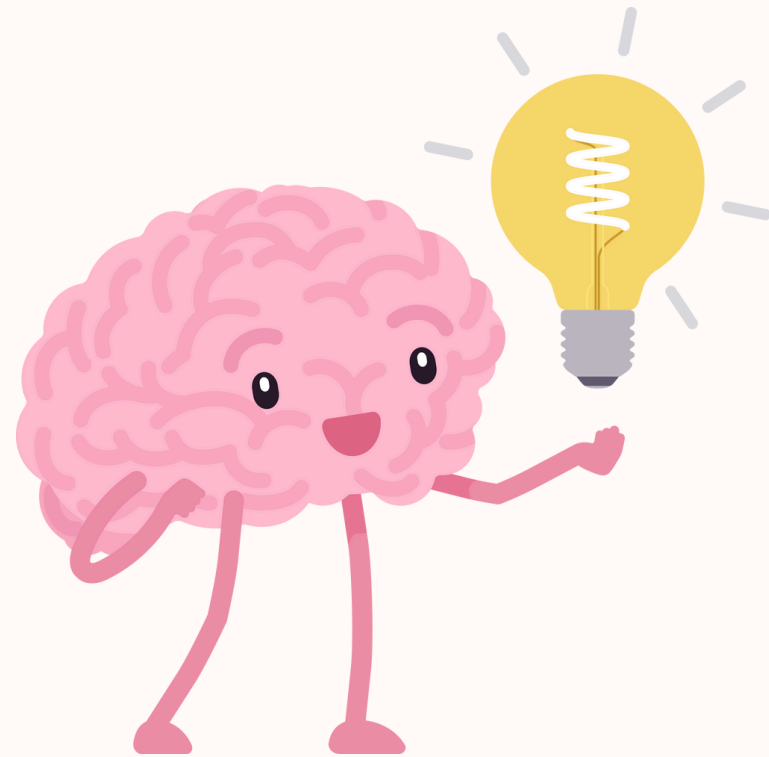
DON'T DO  
HOBBY



COMPLETE  
HOBBY  
PROJECT

“Instead of do next best thing” -  
Ask, what CAN i get away with Before I start scrolling?

# USE YOUR HOP INTO HOBBY FRAMEWORK SYSTEM OR RE-WORK



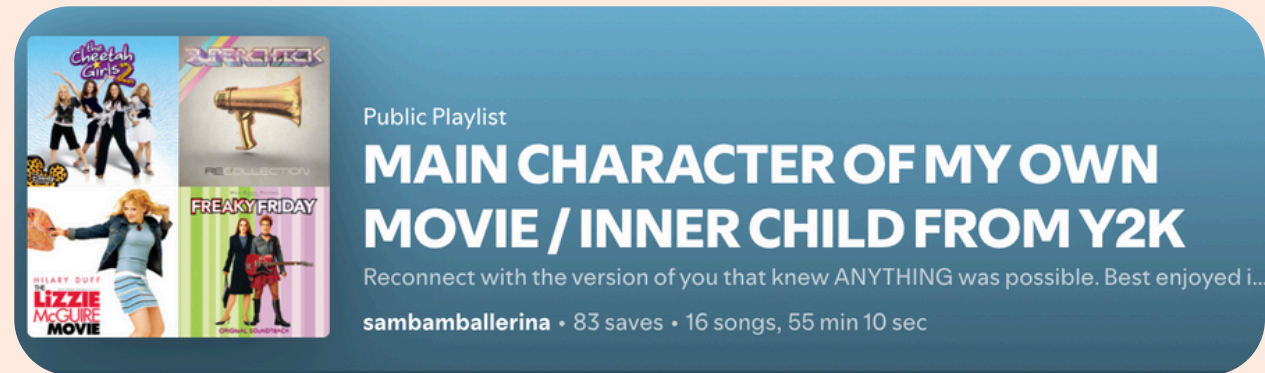
as our strategies change as  
fast as our hyperfixation.

***Think Toolbox,  
not one size fits all fix***

**3 *QUICK* TOOLS TO  
BUILD STARTING  
AGAIN MOMENTUM**

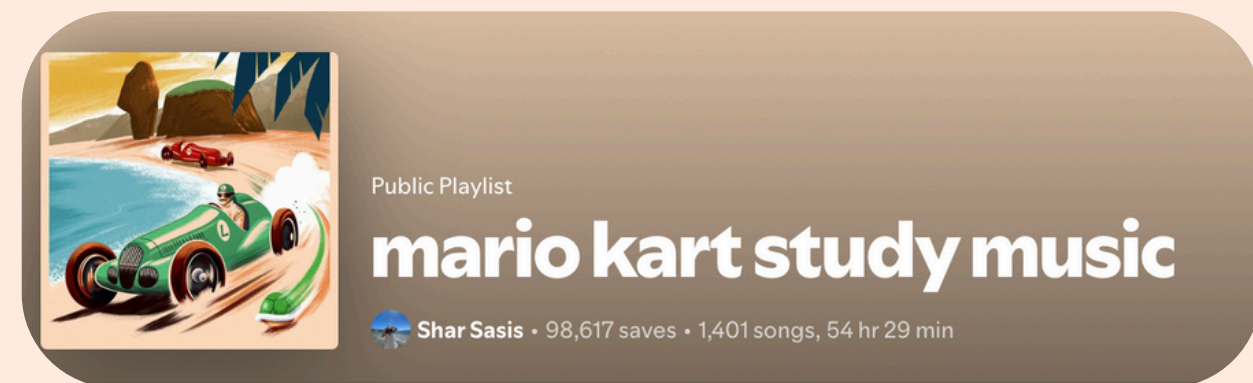
# 1. Meaningful Music

- **Leverage Nostalgia OR High BPM Music**



Right Here, Right Now  
Fatboy Slim

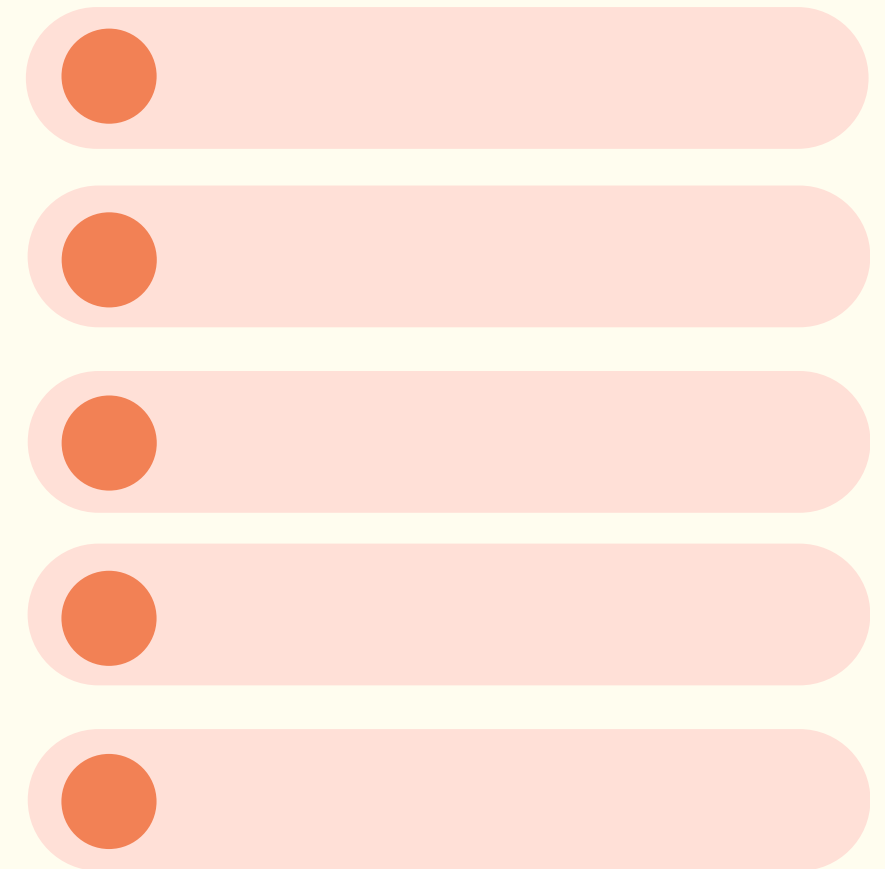
- **The Sims Soundtrack or Video Game for character**



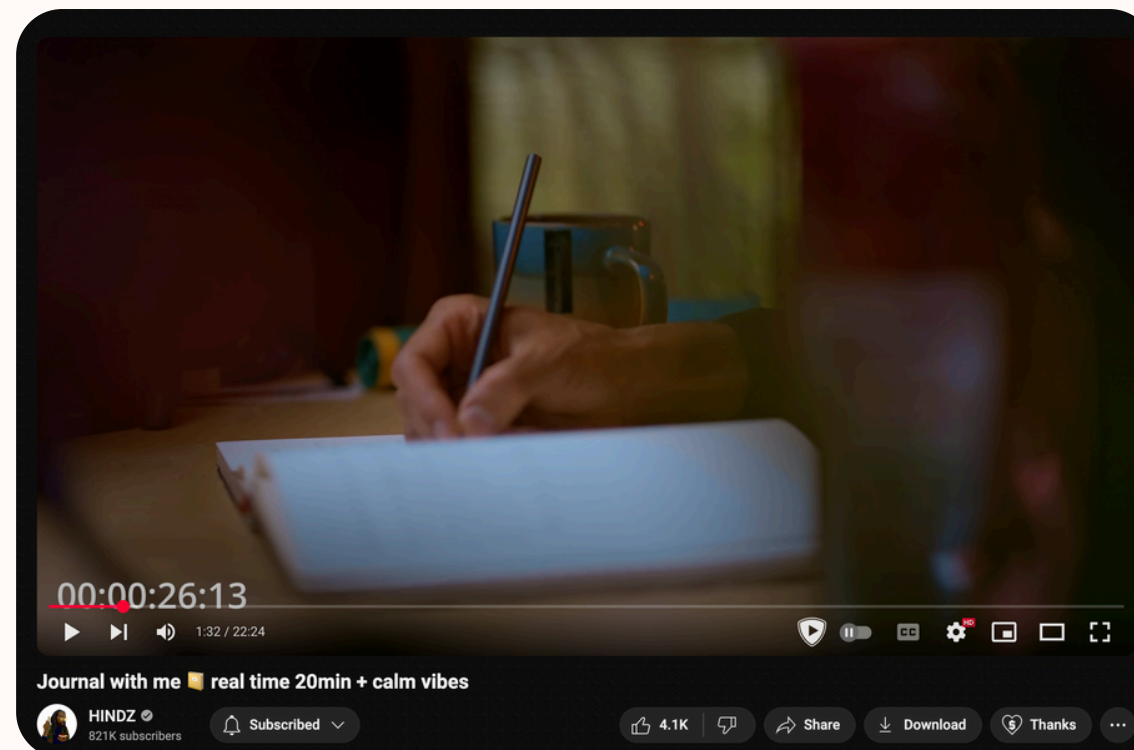
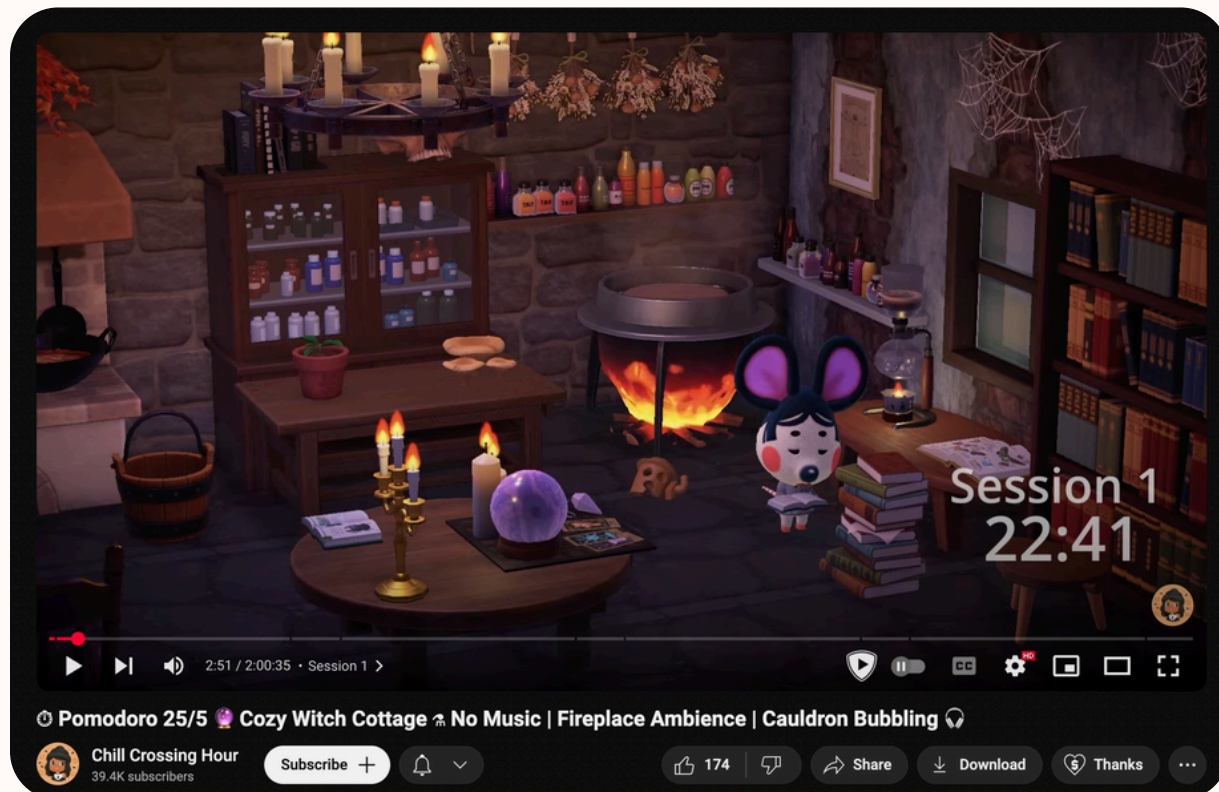


**2. Walk through a Door (or 3) to Reset Working Memory & Lower Resistance**

**3. To-Done List (already done)**  
**do for 60-90 seconds to pair**  
**with the what can do above**  
**and see how well this does.**



**HONORABLE MENTION**  
**FOR ON-DEMAND BODY DOUBLING**  
**especially if your tendency is to have**  
**external accountability which you learn**  
**with Hop into Your Hobby Framework**



<https://thinkdivergent.com>

# YOU DID IT! NOW FOR YOUR SYSTEM...



*get discount below*