MODULE OVERVIEW

# Procrastination: Know why, decide, then act

Adaptive module | ~20 min

Procrastination is almost always fought with willpower, ready-made tips, and guilt. This module takes the opposite approach. It helps each learner understand why they put off a specific task, uncover the hidden benefit that keeps the delay going, and then make the call with full awareness, including a clear decision to drop the task. This clear view of procrastination, followed by very concrete levers for action, puts choice back at the center.

## LEARNING OBJECTIVES

01 Understand why you procrastinate on a specific task, using three questions that reveal the cause, the hidden benefit, and the feared risk.

02 Get clear on the inner conflicts that hold you back and, as your own Master, choose whether to act or give up the task for good.

03 Take action: break the task into small steps, cut out distractions, and dive in with the 5 Second Rule.

04 Make AI a partner against procrastination, without handing it the work that helps you grow and brings satisfaction.

## WHO IT'S FOR

Anyone who keeps putting off an important task until tomorrow and wants to know what to do.

- **Prerequisite:** none

## HOW THE MODULE WORKS

Self-paced, with practice tailored to each learner.

1 **Self-assessment**: on 9 dimensions, to gauge current habits and guide the practice.

2 **Expert video**: 10 minutes, with 3 pauses for reflection.

3 **Practice scenarios**: the first 2 chosen from the self-assessment, then 16 optional ones. Every answer gets feedback: what it leads to, and one way to improve.

4 **Dated commitment**: one action to try, written by the learner or picked from the suggestions.

5 **Memo to download**: key takeaways, questions, commitment, personal notes and checklists.

## ASSESSMENT AND COMPLETION

Pass mark: 80%

The score takes into account your answers to the practice scenarios, your commitment and, where relevant, any additional learning activities. Passing requires a commitment and a score of at least 80%.

### METHODS & MODELS

- "Master within" who listens, then makes the call between the FOR and AGAINST camps – Afthonios method, inspired by Internal Family Systems (Richard Schwartz).
- Three-question framework to reveal the real reasons for procrastinating on THIS task – Afthonios method.
- 5 Second Rule (5-4-3-2-1) to dive into action – Mel Robbins (2017).
- Reducing friction and cutting out distractions – James Clear, Atomic Habits (2018).

### SOURCES & REFERENCES

- Piers Steel – meta-analysis of the causes of procrastination, Psychological Bulletin
- Mel Robbins – "The 5 Second Rule" (2017), a 5-4-3-2-1 countdown to start taking action
- Concept of secondary gain – Sigmund Freud (psychoanalysis)
- Gollwitzer & Sheeran (2006) – "if… then…" plans and taking action

Module created by Afthonios.com.

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