

The Procrastination Isn't About Time

NLP Mastery House

What this is for

Procrastination isn't a time-management problem — it's your brain trading a long-term goal for short-term relief from a bad feeling.

Identify the actual feeling you're avoiding by delaying, and find one action small enough to face it directly.

Before you start

No materials needed. Just a task you've been putting off.

- One specific task you keep delaying — the one that comes to mind first.
- 10 minutes, honest with yourself

The exercise

Answer in order. Don't skip the feeling question — that's where the real work is.

1. Name the task exactly, and how long you've been delaying it.
2. Ask: what feeling shows up the moment I think about starting? Boredom, anxiety, self-doubt, resentment, overwhelm.
3. Ask: what am I actually avoiding — the task, or the feeling that starting it brings up?
4. Set a motivating goal in your own words — not "just do it," but what finishing actually gets you. Say it out loud.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

Which feeling was really running the delay?

Your one next action

Small enough that it actually happens. Before we next meet.
