

Shane Martin @Shane Martin

Do you have a Procrastination Protocol? Here are 7 ways to bust the procrastination bubble that has nothing to do with "powering through it."

A procrastination protocol is a series of predefined steps & strategies that you can turn to when facing a period of procrastination.

Here are the tactics I use listed in the order that I deploy them.

**1. Embrace the resistance**

- a. When we resist the feeling of resistance we freeze it in place.
- b. Instead, stop running from your procrastination and just embrace it. You're procrastinating, so what?
- c. Realize that this is a temporary state and you'll be back in action in no time.

**2. Pop open twitter/instagram/tiktok**

- a. If you're not going to get anything done, you might as well take a mental break.
- b. Give yourself permission to kick your feet up and browse the feed a bit.
- c. Set a timer and make a mental contract with yourself when it goes off, you're back at it.

**3. Make a to-do list for your to-do list**

- a. We often procrastinate because we haven't been explicit enough about what needs to get done.
- b. In other words, our To-Do's are too vague.
- c. Outline the EXACT steps you need to take to complete this task and watch that resistance disappear.

**4. Set an impossible deadline**

- a. Make a game out of it.
- b. Challenge yourself to get the task done in record speed. Take the estimated required time, and set a timer for 1/3 of that.
- c. The trick: with an impossible deadline, you're actually turning the pressure off.

**5. Shake up your scenery**

- a. If it's still not working, you need to get out and change your environment.
- b. Maybe you go to another room in your house or hit a coffee shop nearby.
- c. I've even been known to park my car on the street and work from my hotspot for an hour or two.

## **6. Take a walk**

- a. Who says you need to be at a computer to get the job done?
- b. You'd be surprised at how much you can accomplish from your phone.
- c. At the very least, use the time to brainstorm, research & outline exactly what you'll do when you get back to your desk.

## **7. Remember why**

- a. It's easy to forget why we're doing something.
- b. But most tasks should be in service of a greater goal.
- c. Open up your notes and write until you have drawn a line from this task to that goal. This reminds you why it's so important and will propel you forward.

Procrastination is a natural part of life and nobody is immune to it. So instead of kicking yourself when you're slacking on your tasks, have a counter-defense plan ready to go.