

every
woman

Rewire your brain
with tapping to ditch
procrastination



@everywomanUK

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A woman wearing high-heeled shoes is sitting at a desk with a laptop. She is looking thoughtful, with her hand on her chin. The image has a purple tint.

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Today's session

Part One

- What is procrastination and what causes it?
- The celebrity procrastinator quiz
- The psychology of procrastination and how to solve it

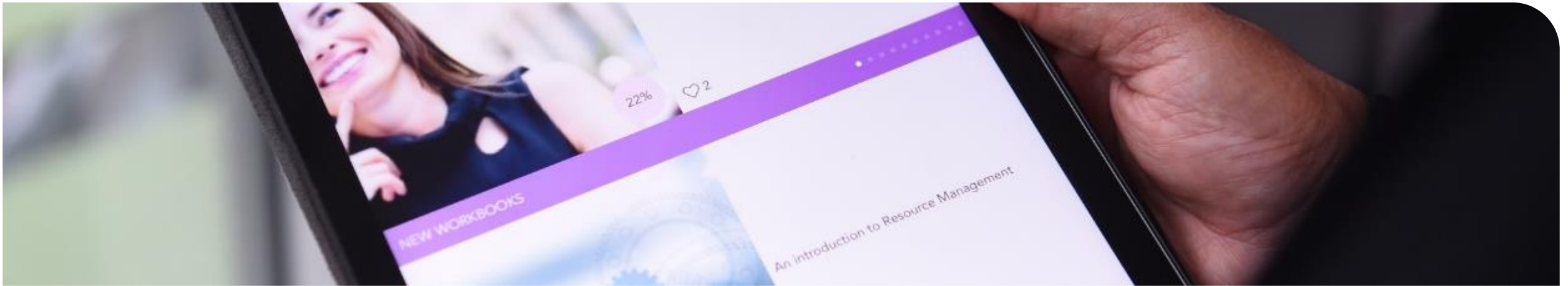
Part Two

- EFT Tapping to beat procrastination
- Key takeaways and Q&A



Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline





Poll One

Do you find yourself procrastinating at work?

- A - All the time
- B - Some of the time
- C - Never, I always get my tasks done



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88% of the workforce have admitted they procrastinated for at least one hour.

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Darius Foroux study on procrastination, based on 2219 ppl

Which of these celebrities are procrastinators?



Bill Clinton



Donald Trump

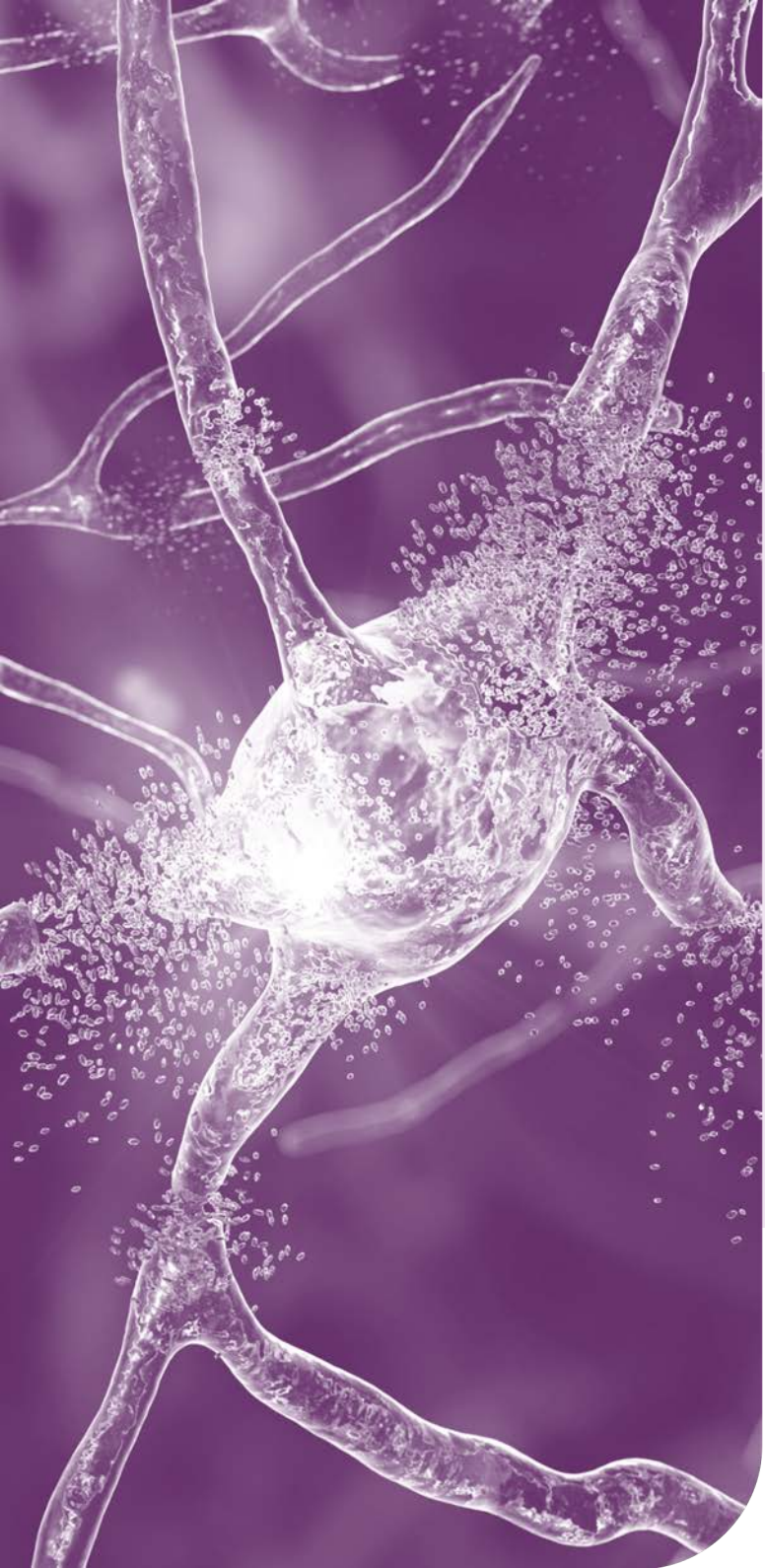


JK Rowling



The main causes of procrastination

- Lack of self confidence
- Neuroticism
- Impulsivity
- Task aversion
- Perfectionism
- Low conscientiousness



The psychology of procrastination

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Procrastination is not about laziness.

Procrastination is about not being able to manage our reactions to negative emotions around a certain task.

Procrastination is essentially irrational. It doesn't make sense to do something you know is going to have negative consequences.

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Dr. Fuschia Sirois, professor of psychology at the University of Sheffield

The outcomes of procrastination

Over time, chronic procrastination has not only productivity costs, but measurably destructive effects on our mental and physical health. Affects can include:

- Chronic stress
- General psychological distress
- low life satisfaction
- Symptoms of depression and anxiety
- Poor health behaviours
- Chronic illness
- Hypertension and cardiovascular disease



So why do we keep doing it if it causes us health issues?

Present bias



Amygdala hijack



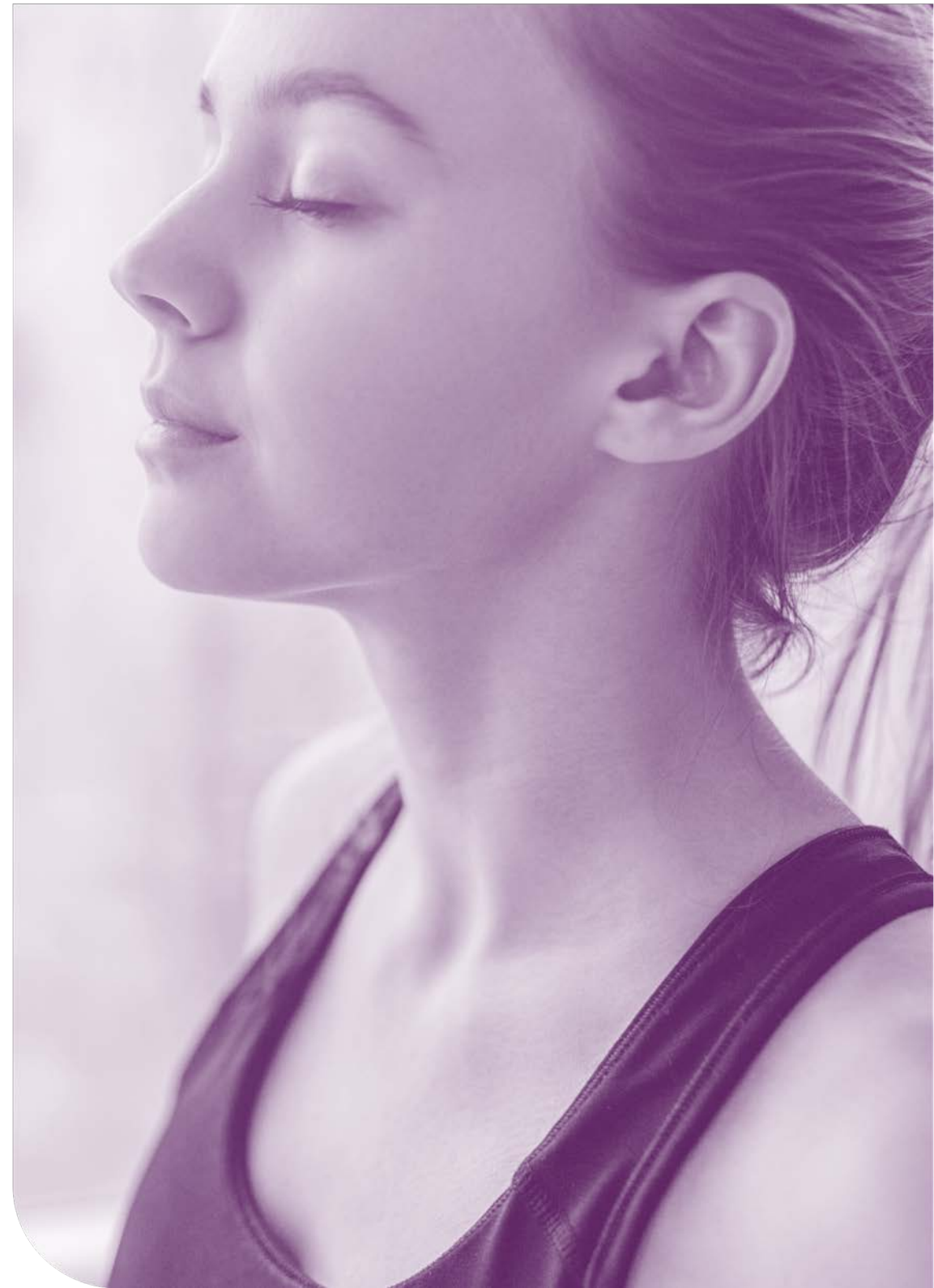
So, what's the solution?

Time management hacks won't stop procrastination

Emotional regulation and coping tools are needed

EQ is the Answer!

- Self forgiveness
- Self compassion
- Cultivate curiosity
- The next thing
- Make temptation more inconvenient



Part 2

EFT Tapping – let's regulate
our emotions

EFT Tapping to stop procrastination

EFT tapping is a combination of ancient Chinese acupressure and modern psychology.

It involves “tapping” on the meridian points of the body while repeating statements that help us focus on an issue from which we're seeking relief.

2. Top of head
3. Eyebrow
4. Side of eye
5. Under eye
6. Under nose
7. Chin
8. Collarbone
9. Under arm
10. Wrist



Key takeaways

Procrastination is not laziness. It is due to unmanaged negative emotions

Managing our emotional responses solves procrastination not time hacks

Focus on forgiveness, compassion and changing your narrative

Final thought

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Our emotions need to be as educated as our intellect. It is important to know how to feel, how to respond, and how to let life on so that it can touch you

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