

Procrastination Diagnostic

- Feeling:** “I’ll do it later/tomorrow.”
Operational Blockage: Future-Self Neglect
CEO Root Cause: You are prioritizing “Right Now” comfort over “Later” peace.
Strategic Fix: *The “Pre-Love” Rule:* Do it now as a gift to the version of you that wakes up tomorrow.
- Feeling:** “I just can’t get off the couch.”
Operational Blockage: Initiation Friction
CEO Root Cause: The “Startup Cost” of the task feels too high for your current energy.
Strategic Fix: *The 2-Minute Drill:* Commit to only 120 seconds. Momentum is a CEO’s best friend.
- Feeling:** “There is too much to even start.”
Operational Blockage: Inventory Overload
CEO Root Cause: Your “department” is too big. You’re trying to manage the whole floor at once.
Strategic Fix: *The Small Box Method:* Manage one square foot. Ignore the rest of the “warehouse.”
- Feeling:** “If I can’t do it right, why bother?”
Operational Blockage: Perfectionism Trap
CEO Root Cause: You’ve confused “Excellence” with “Flawlessness.”
Strategic Fix: *B-Minus Work:* Faithfulness is better than a “perfect” unfinished project.
- Feeling:** “It’s a hassle to put this away.”
Operational Blockage: System Resistance
CEO Root Cause: Your storage is “sticky.” It takes too many steps to finish the job.
Strategic Fix: *Standardize the SOP:* Use clear bins and open baskets. Make the right choice the easy choice.
- Feeling:** “My head feels like it’s spinning.”
Operational Blockage: Mental Redline
CEO Root Cause: Your “Internal RAM” is full of unsaved data and tiny decisions.
Strategic Fix: *The Brain Dump:* Externalize the data. Get it on paper so your brain can stop “holding” it.
- Feeling:** “I’m avoiding that room entirely.”
Operational Blockage: Heart Avoidance
CEO Root Cause: That space is tied to a negative “Ministry Moment” or a stressful task.
Strategic Fix: *Sanctuary Reset:* Pray over the room. Reclaim it as a space for God’s peace, not your stress.

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