

How to Make Procrastination Work for You

GoSkills online course syllabus

Skill level

Beginner

Lessons

12

Pre-requisites

No prior experience needed

Video duration

22m

Estimated study time

22m 16s

Instructor

Tracy Otsuka

Introduction

- 1 Transform procrastination into a success tool**
Conventional wisdom views procrastination as a weakness, but it can actually be a tool for better thinking.

Transform Procrastination into Productivity with Neuroscience

- 2 Uncover the hidden causes of procrastination**
Procrastination is often seen as a lack of discipline, but it may actually reflect how your brain processes motivation.
- 3 Explore the role of emotion in procrastination**
Putting things off isn't about time management—it's about how a task makes you feel.
- 4 Leverage passive thinking for smarter decisions**
Great ideas don't always happen in the moment—sometimes, they need time to develop in the background.
- 5 Tap into your brain's natural filtering system**
When you focus on something, it starts appearing everywhere—that's your Reticular Activating System (RAS) filtering information, making procrastination more strategic than you think.

Manage Procrastination to Sustain Momentum

- 6 Break free from decision paralysis**
Feeling stuck isn't about being lazy—it's about not knowing where to start.

7 Train your brain to make progress effortless
Your brain resists pressure but thrives on engagement.

8 Boost motivation by activating dopamine
The hardest part of any task isn't doing it—it's starting.

Optimize Your Workflow for Effortless Productivity

9 Stop overcomplicating tasks and work smarter
You've tackled similar tasks before—why start from scratch when you tackled this before.

10 Remove productivity barriers
Productivity isn't about finding the perfect app—it's about removing resistance.

11 Create a custom plan to manage procrastination
Procrastination isn't the enemy—it's part of the process.

Conclusion

12 Turn procrastination into a productivity strategy
Thanks for watching! Now you're ready to create a personalized procrastination plan to stop feeling guilty and start achieving more.

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