

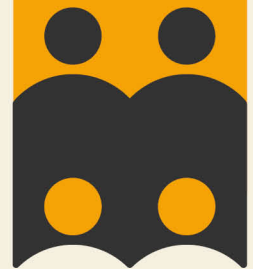
In association with
**Alliance of
Independent
Authors**

SelfPubCon



From Procrastination to Production

SESSION SPEAKER: ANNE BARTOLUCCI



October 2023 – Success Mindset for Indie Authors Conference

This Session:

All independent authors, like all creatives, are familiar with procrastination and how difficult it can be to overcome, sometimes.

In this talk, psychologist, writing coach, and U.S.A. Today bestselling author Anne Bartolucci, Ph.D., will reveal the main motivating force behind procrastination and shares a tool that moves you onto the path to productivity.

With accompanying workbook pages, ways to stop yourself before falling into common traps, this session will get you out of your own way so you can get your books written and published.

This session is kindly sponsored by [Write|Publish|Sell](#).

Speaker Bio:

Anne Bartolucci, Ph.D., D.B.S.M. is a licensed psychologist, certified behavioral sleep medicine specialist, and professional speaker who has taught workshops and classes for several writing, medical, and psychological organizations. She is a USA Today bestselling author with over twenty novels and novellas in print under her pen name Cecilia Dominic and two nonfiction books including *Better Sleep for the Overachiever* (2020; AIBHS) as herself. Recently, she combined her loves of writing, sleep, and psychology in her new online teaching and coaching venture, *Psych Up Academy: Compassionate, Psychology-Based Solutions to Get Out of Your Own Way, Work with Your Brain, and Live Your Dreams*.

The Marvellous Mashup Worry Log

1. Write out what you've been procrastinating on the left side.
2. Write out the first step to each of those things on the right.
3. Prioritize:
 - a. Absolutely must be done today.
 - b. Before the end of tomorrow.
 - c. Can wait.
 - d. Delegate.
4. Schedule time on your calendar.

<i>What I've been procrastinating:</i>	<i>First step:</i>

Worksheet: Punch Through Procrastination

To address procrastination with self-compassion, you need to do three things:

1.

2.

3.

The four main types of procrastination in this model are:

1.

2.

3.

4.

Avoidance is such a strong tendency because humans evolved to be

.....

Match the shortcut with the definition (note – these definitions are scrambled!):

Fixed Mindset	The way things are is the way they'll always be
Permanence Fallacy	If I make a mistake, it means I'm flawed.
Fundamental Attribution Error	Reality is divided into dichotomies – everything is good or bad, black or white, perfect or terrible.
Reverse Attribution Error	Everyone is born with a certain amount of ability, and that's all they get.
All-or-nothing thinking.	We make mistakes because of the situation. Others make mistakes because they're flawed.

The types of procrastination I identified most in this session were (choose more than one if appropriate):

- a. Overwhelm
- b. Perfectionism (incl. Imposter Syndrome)
- c. Fear of Success
- d. Fear of Failure
- e. Boredom

The mental shortcuts I engage in include (choose more than one if appropriate):

- a. Fixed Mindset
- b. Permanence Fallacy
- c. Fundamental Attribution Error
- d. Reverse Attribution Error
- e. All-or-nothing thinking

The belief that one can handle a situation or task is called _____.

Reasons that current systems for dealing with procrastination don't work for everyone include assumptions that:

- a. Everyone's brain works the same
- b. Everyone has the same amount of energy every day
- c. A system that works well all the time exists
- d. Broad strategies are sufficient (time management, just get started, etc.)
- e. All of the above.

The link to take the quiz and dig more into your procrastination type is:

https://www.subscribepage.com/procrastination_quiz_author_summit

Or

<https://bit.ly/procrastination-alli>

My email is: anne@sleepyintheatl.com

Answers:

To address procrastination with self-compassion, you need to:

1. Identify why you're procrastinating
2. Implement effective tactics
3. Come up with your own flexible system that works with your brain.

The four main types of procrastination in this model are:

Overwhelm, perfectionism, fear of success/failure, boredom

Avoidance is such a strong tendency because humans evolved to be efficient.

Mental shortcuts with correct definitions:

Fixed Mindset	Everyone is born with a certain amount of ability, and that's all they get.
Permanence Fallacy	The way things are is the way they'll always be
Fundamental Attribution Error	We make mistakes because of the situation. Others make mistakes because they're flawed.
Reverse Attribution Error	If I make a mistake, it means I'm flawed.
All-or-nothing thinking.	Reality is divided into dichotomies – everything is good or bad, black or white, perfect or terrible.

Next 2 questions: answers will vary by person. It's okay if you chose all of them.

The belief that one can handle a situation or task is called self-efficacy.

Reasons that current systems for dealing with procrastination don't work for everyone include assumptions that:

All of the above.

(Pro tip: this is a psychologist's worksheet, so the last answer in a multiple-choice line-up is probably correct.)

Contact:

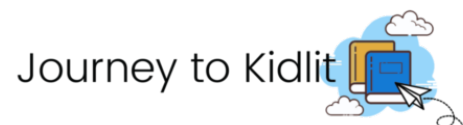
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