

# HOW TO STOP BUFFERING



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# PROCRASTINATION & BUFFERING

As an entrepreneur who is literally the only person in my business generating content like podcasts, books, and courses like this, sometimes I feel "overwhelmed."

In my early days, when I felt overwhelmed I would turn on the TV and binge-watch a show in order to avoid feeling overwhelmed.

The result each and every time was that, while I felt better temporarily because I was distracted, the discomfort was doubled when I had to face the music later on.

I had given myself less time to do the work that I needed to do and felt more overwhelm along with the panic and shame of having wasted my own time.

When I realized how much this procrastination was simply delaying my discomfort (not relieving it) and that buffering was having a harmful long term effect on my life goals, I found a solution and this week it will be your focus.

You can pick anything that you use to procrastinate or buffer to focus on, but I will highlight one method because this seems to be a constant struggle for many "overwhelmed" people.

It is saying "yes" to things outside of your calendar.

# LEARNING TO SAY NO

Overwhelm as an emotion is so tricky because it says "I already have more on my plate than I can handle", and yet for most people it isn't true.

This week as you continue to stick to your calendar you will notice the habit you have to procrastinate and buffer.

While some ways you may do this are clear (drinking alcohol, eating food when you aren't hungry, spending hours on social media), others are not as clear.


One common way people procrastinate is by saying "yes" to something other than what is planned for that time slot.

The true reason you might do this is probably that you don't want to feel the negative emotion that may come from saying "no".

This is a habit almost everyone who is overwhelmed has and the worst part is they don't recognize it.

For example, let's say you have taken the time to plan your day. You made time for self-care first -time to cook and eat 3 healthy meals, 7-9 hours to sleep, an hour for the gym and an hour to unwind with a book at the end of the day.

Next you scheduled in time for your work day and then time to work on your main project or priority right now.



Then a family member calls and asks you for a last minute ride to the airport.

Do you think:

a) I have to do this, if I don't they will be mad (there is not choice)

b) I have a choice on whether to do this or notThe most "overwhelmed" people I know answer (a).

They think and believe they "have to do it" because they want to be seen positively by their family member and don't want to deal with the emotions they might feel if they say no.

I want you to be clear about this. You almost always have a choice about what you do or don't do.

Your family member knew they needed a ride the moment they booked their flight and airport shuttles are a wonderful service they can use.

But if you constantly drop your own priorities to look after the sudden or last minute desires of other people then you will continue to feel overwhelmed because people will know that they can use your time and energy as their own.

So you can drive them if you want to, but you should be clear on your reasons. Don't do something to "make someone else happy" if the truth is that you are doing it to avoid discomfort.

The truth is, that most of what you do to avoid discomfort in one moment is only delaying a far bigger dose of it later.





# HOW DO YOU AVOID DISCOMFORT?

**WHAT IS ONE OF THE WAYS YOU PROCRASTINATE  
OR BUFFER AGAINST DISCOMFORT?**

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**DO A THOUGHT DOWNLOAD ABOUT THIS  
PROJECT OR GOAL BELOW:**

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**WHAT ARE THE THOUGHTS THAT ARE CAUSING  
THESE EMOTIONS?**

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# THE COST OF BUFFERING

**WHAT ARE THE NEGATIVE CONSEQUENCES OF  
USING THIS BUFFERING OR PROCRASTINATION  
METHOD?**

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**HOW WILL YOU MANAGE YOUR URGES TO GIVE  
IN AND PROCRASTINATE OR BUFFER?**

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# ALLOWING URGES

Now that you have identified one way you procrastinate or buffer and how it leads to further overwhelm in the future, I want you to conduct an experiment.

For one full week you are going on a diet. If you buffering behaviour is eating sugary foods and you identify that this has the consequence of giving you a headache and an energy crash then for one week you are going to drastically reduce or even eliminate this behaviour.

Unlike your typical cleanse or detox your job is not to "white knuckle" it. Instead I want you to write down and allow each and every urge.

Maybe you will feel that desire 100 times this week. Each time you do, write down the time + the thought or feeling you have.

Urge 1: 10:15am - T: "I deserve a treat" F: deprivation

Urge 2: 1:00pm - T: "I need energy" F: bored

Write them down each and every time. See how many times you can notice the urge, thought and feeling WITHOUT acting on it.

Do this all week and keep a running tally on paper or as a note in your phone.