



# BRAIN HACKS FOR LIFE

## AVOIDING THE ADVENTURE? CHOOSING STRATEGIES.

Sitting in a stationary automobile, trying to change directions without stepping on the gas...

### EEK!

- Motivation? I don't want to...
- Energy? I don't have the energy to...

### REFRAME

- Adventure vs. task
- *Get to* vs. *Have to*
- You don't have to *want to*...
- Excitement vs. fight/flight/freeze
- Strategy vs. judgey
- *Could* vs. *should*
- Curiosity vs. dread

### Productive Procrastination

1. Do something productive:
  - Make the bed
  - Wash one dish
  - Do one to-do list item
2. Start **MOVING** to get that dopamine bump, which increases both motivation and energy
3. Steer toward your adventure by taking one small action step at a time toward your adventure
4. Focus on each small action step
5. Celebrate each small advance

Find more resources from Caterpillar's Employee Assistance Program at [EAP.cat.com](http://EAP.cat.com).



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## AVOIDING THE ADVENTURE? CHOOSING STRATEGIES.

Name that adventure: \_\_\_\_\_

Desired result(s): \_\_\_\_\_

What do you want even more than that result?

Steps you can take RIGHT NOW: \_\_\_\_\_

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