

You don't beat procrastination with brute force. You engineer it out.

**STOP WASTING
90% OF YOUR TIME**

ATDB.uno

ENGINEER THE FLOW

SYSTEM OVERRIDE

ENGINEER THE FLOW

TACTICAL DISRUPTION

RAW DATA EFFICIENCY

NO MORE EXCUSES

NO MORE EXCUSES

CUT THE NOISE

IMPACT > AESTHETICS

THE NEO-BRUTALIST PLAYBOOK.

THE LAZINESS MYTH.



WHAT YOU THINK IT IS:
Laziness. Lack of care.



WHAT IT ACTUALLY IS:
Two mechanical system failures.

I have hardcore ADHD. I built a 9-figure empire.
You don't need a perfect brain; you need a perfect system to hack your brain.

THE PROCRASTINATION MATRIX.

WHAT WE BLAME (The Illusions)



Noise.



THE REAL CULPRITS (Internal Triggers)

- Boredom
- Loneliness
- Fear
- Fatigue
- Uncertainty

You are
escaping,
not
exploring.



Stress primarily comes from not taking action over something that you can have control over.

— Jeff Bezos

The stress comes from **AVOIDING** the work, not doing it.

AUDIT THE NOISE.

**100-Hour
Work Week**

ATDB.uno

THE SIGNAL:
Revenue,
Growth, Sales.



THE NOISE:
Busywork, Updates,
Vices, News,
Video Games.

Busywork feels productive.
It is a trap.

THE BRUTAL TRUTH.

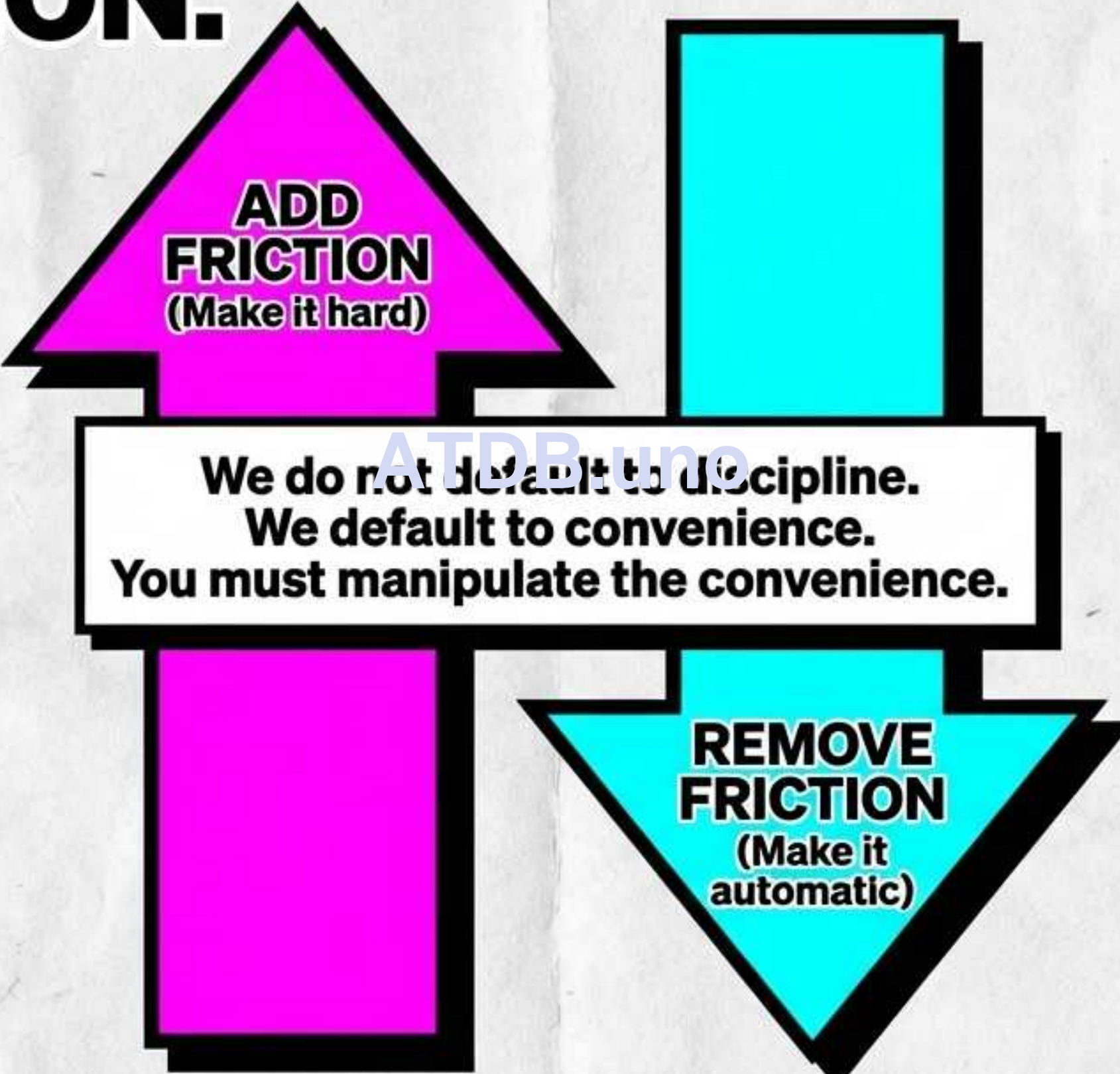


If you show me your calendar and your bank account, I will show you what's important to you.

SIGNAL | **NOISE**

Draw a line down a page. Map your last two weeks. Where are you hiding?

THE ARCHITECTURE OF FRICTION.



TIP THE SCALES.

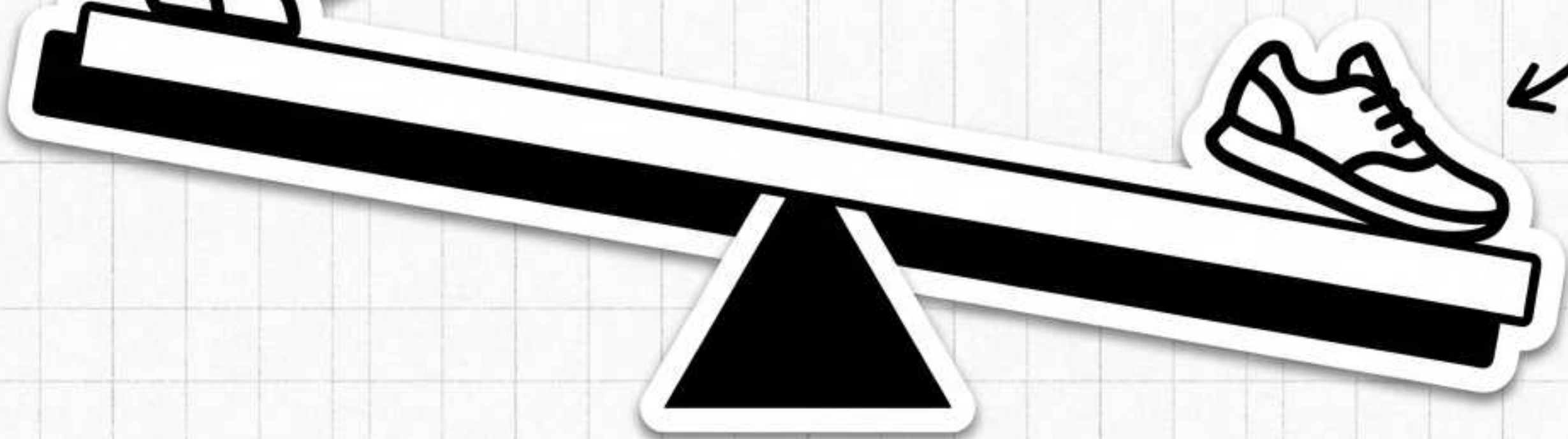
**Add Friction.
Keep it out of the house.**

Easier to avoid the dragon than to slay it.



**Remove Friction.
Lay out the clothes.**

Make it impossible to make the wrong choice.



ATDB.uno

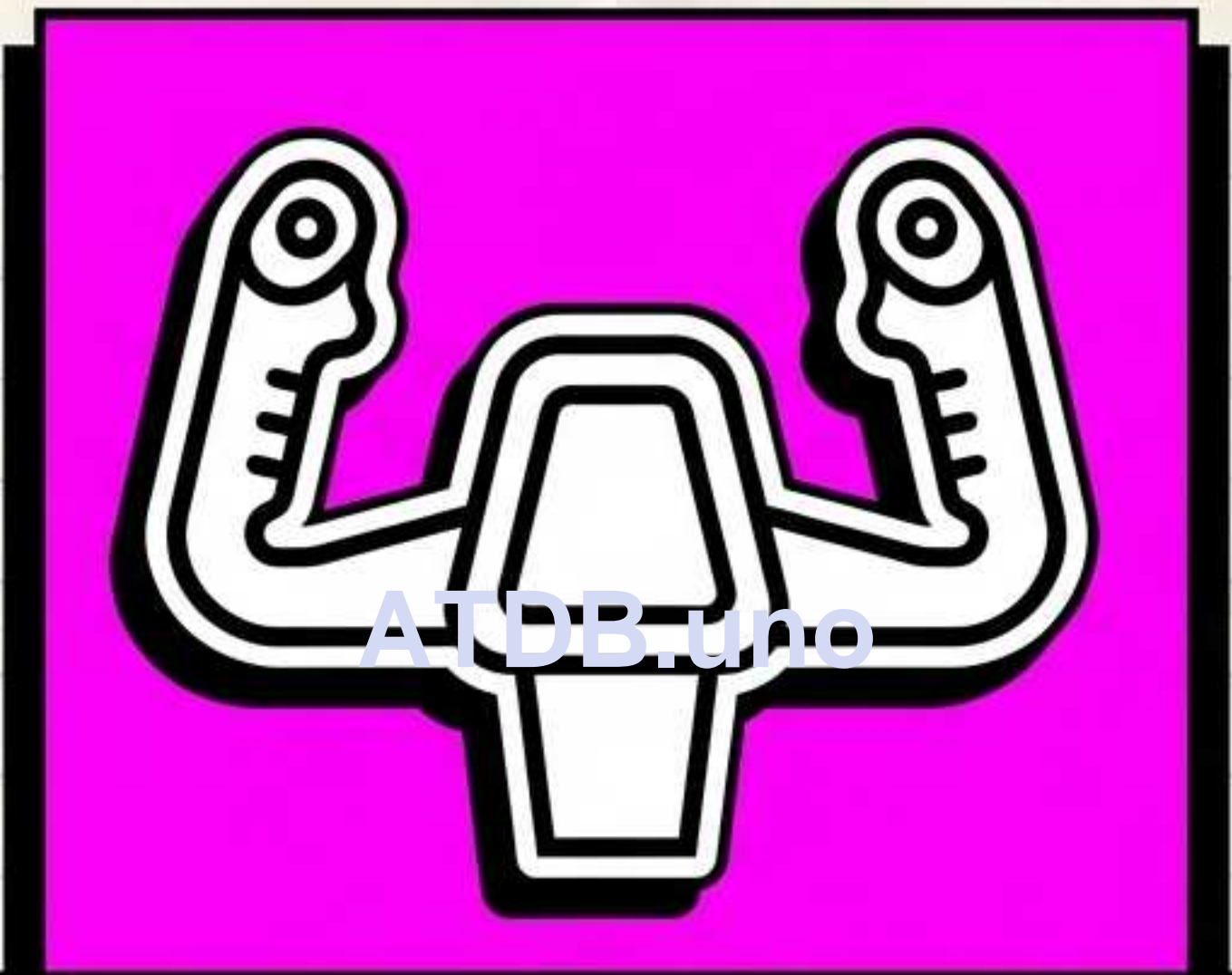
PROCRASTINATE THE DISTRACTION

About to doom scroll?
Give yourself
permission to do
it—but wait exactly
10 minutes.



**Create separation between impulse and reaction.
Momentum will usually kill the urge.**

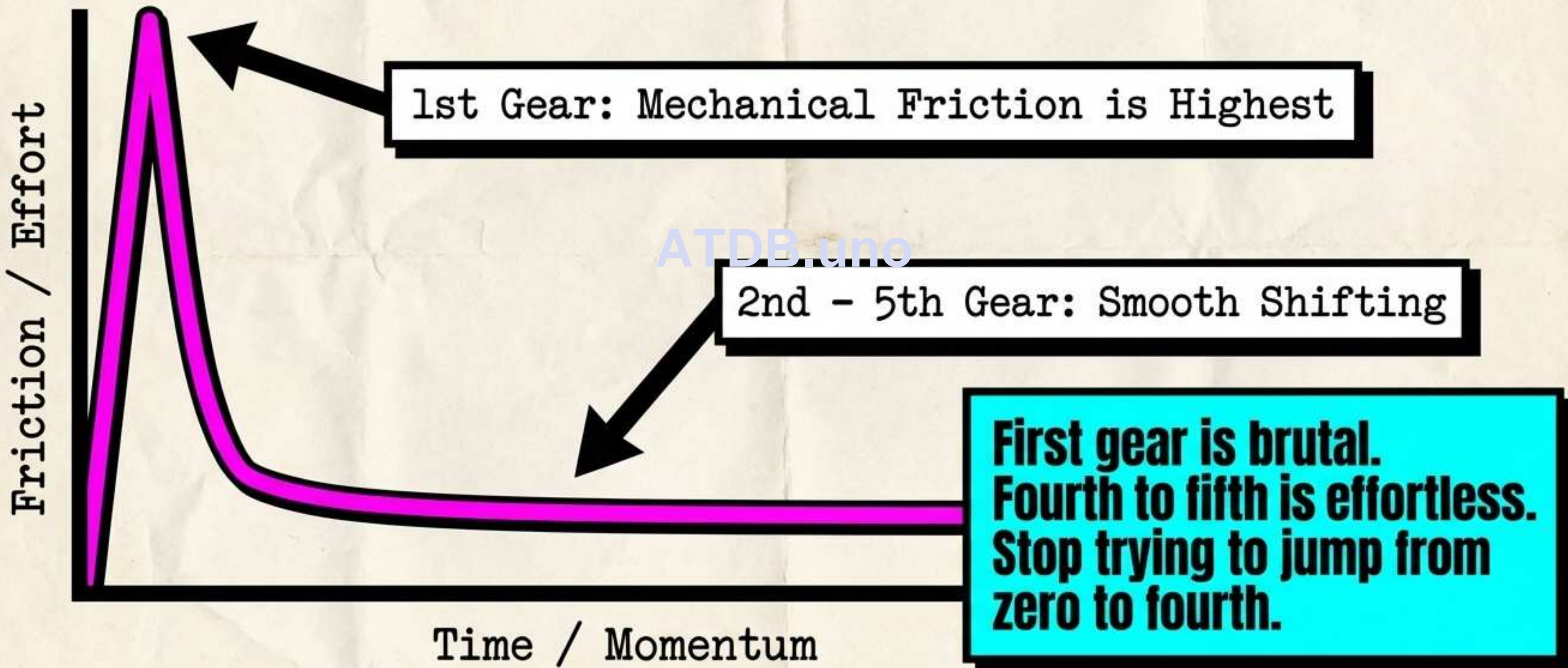
THE MOTIVATION TRAP.



“FEEL THE FEELINGS. FLY THE PLANE.”

Waiting for a spark of inspiration is a losing strategy. You don't need motivation. You don't need inspiration. You just need to start.

THE MOMENTUM GEAR-SHIFT.



THE M.I.N.S. PROTOCOL.

Most Important Next Step.



1. Write down the steps of the avoided task.

2. Pick ONE thing that takes < 2 minutes.

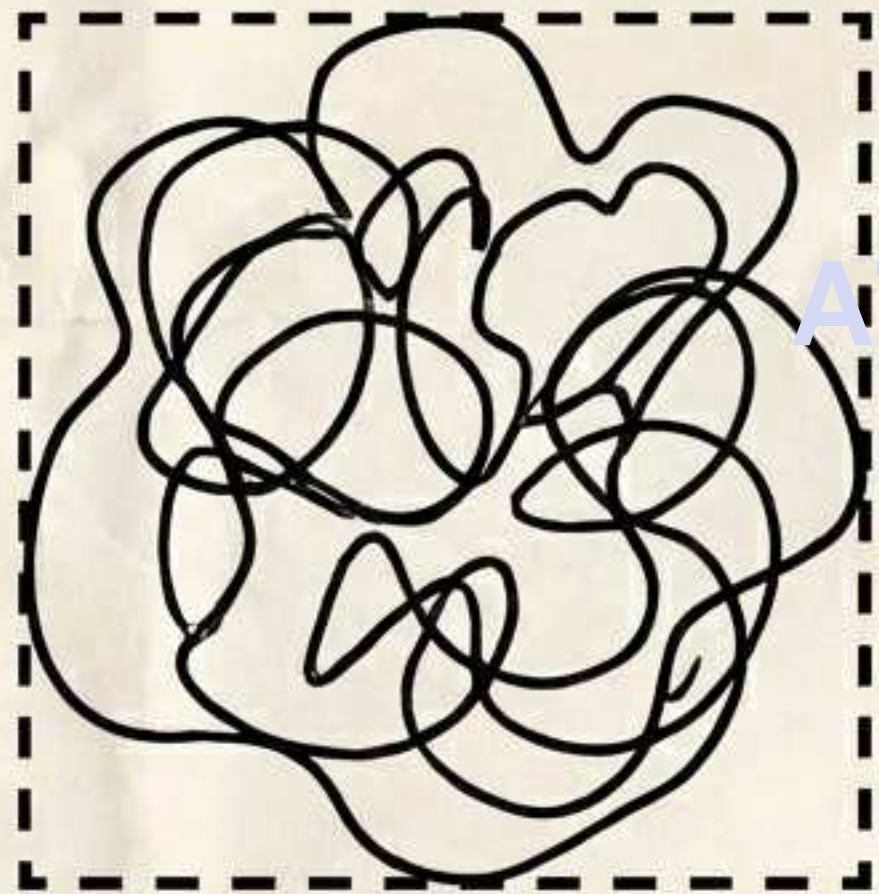
3. Do it.

You can start a diet halfway through a bag of chips. Just shift into first.

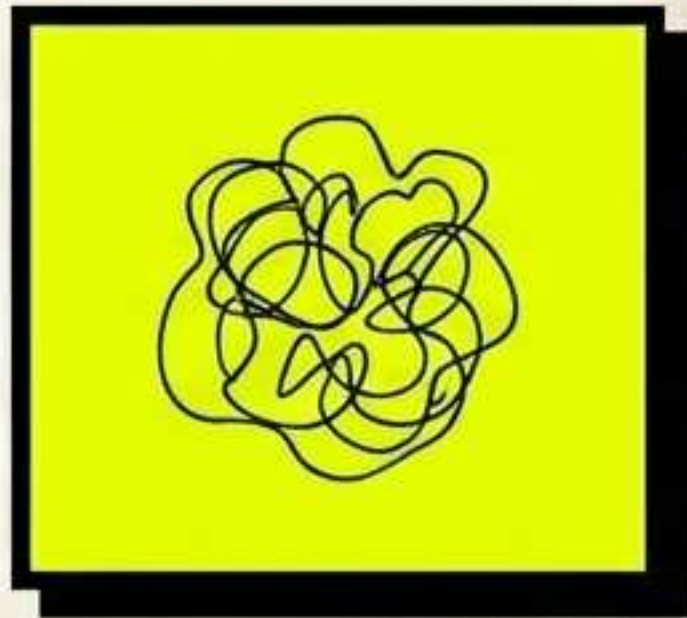
PARKINSON'S LAW.

Work expands to fill the time you give it.

1 Week Deadline



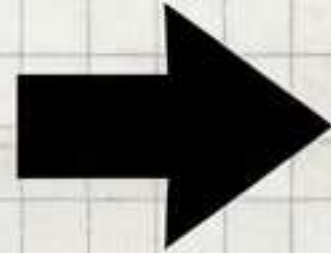
1 Day Deadline



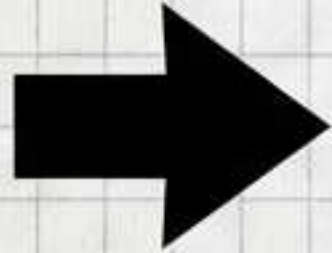
Set deadlines that are aggressive but not impossible.
If there is no date, there is no execution.

THE PRODUCTIVITY ENGINE.

TIME BLOCK.
(Allocate the exact day & time)



ACCOUNTABILITY.
(Schedule a forcing function—a meeting to show the work)



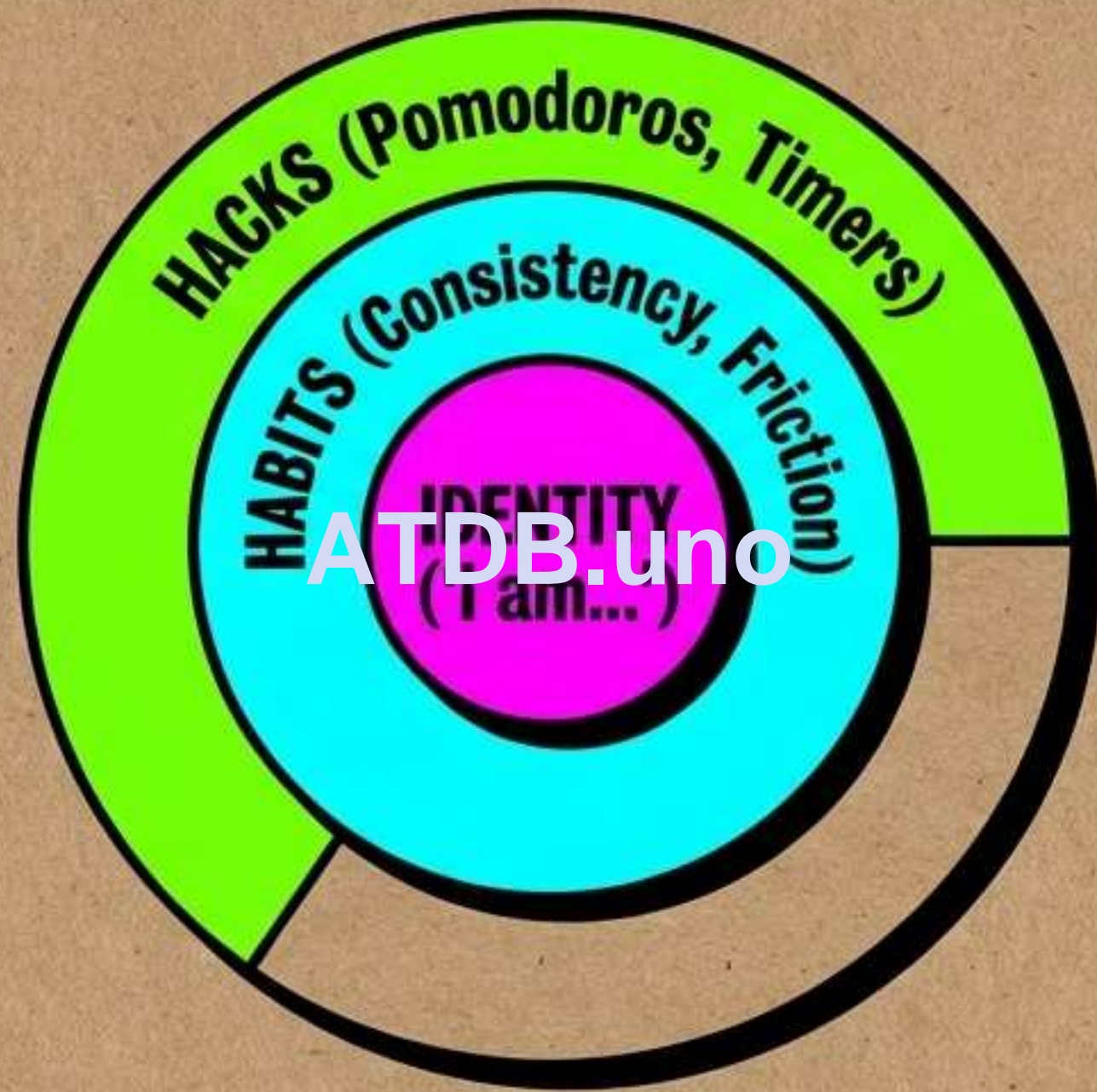
POMODORO.
(Execute in ruthless 25-minute chunks)

Force the focus.
Force the momentum.

UPGRADE THE OPERATING SYSTEM.

The strongest force in human personality is the need to stay consistent with how we define ourselves.

- Tony Robbins



Write your new code.

"I ALWAYS [execute efficiently]."

"I NEVER [doom scroll after 6pm]."

BECOME THE 10.0 VERSION OF YOURSELF TODAY.