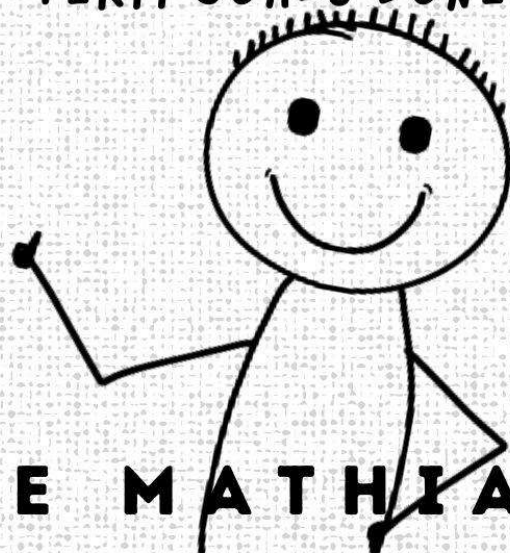


NOT LAZY JUST INFP

5 STRATEGIES TO
UNDERSTANDING INFP PROCRASTINATION,
DISPELLING THE MYTH OF LAZINESS,
AND GETTING LONG-TERM GOALS DONE



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INTRODUCTION

INFPs may all start innocently enough with creating personal projects. It fills our time with a fiery passion. Keeps us engaged. It's where the sense of purpose seemingly pours on us, too.

As for me, it had been my long-sought and long-imagined dream to be a writer. A fiction writer, to be exact. Even with a hundred hobbies competing for my attention, you bet this particular pastime *never* left my side since childhood.

I wrote numerous novel manuscripts. However, all these had one thing in common, and you probably know what it is.

I never completed them.

I was on hiatus. *For a decade. Lol.*

After numerous innocent attempts of my piling up unfinished businesses, the supposed harmless and enjoyable pastime started weighing on me, too. As I age,

the label of being a "project starter but not a finisher" becomes painfully real. It became my worst frustration.

In 2018, it was such a blessing that I learned I am an INFP. At first, I disliked being me, and the *why* questions kept coming. Cries. Anxieties. It was my nightly routine, too.

But thankfully, everything slowly unpacked due to the relentless searching and self-reflecting I dealt for years. With my eagerness, I had the chance to learn who I am, evaluate my true strengths, and how I can fulfillingly thrive in the world as someone with this personality.

Now, it's my turn to share these invaluable experiences that relate to most INFPs, too.

This book shares the strategies I used to overcome the seemingly never-ending procrastination.

Here, we'll deviate from the common productivity advice (that usually don't work on INFPs in the long run). Instead, I will discuss procrastination in a different light as per my observation in the previous years, how to deal with our "lazy" and "nudging" emotions, the

strategies to keep us on the move, how to be more patient in finishing long tasks, and a more realistic schedule to cater to INFP's idealism and aspirations.

After embracing the key points in this book, I truly felt how much I'm more accepting of myself. Somehow, I can sense how I matured as an INFP, and finished the tasks I set out to do – both long-term and short-term goals. These realizations and strategies led to a total mindset shift that transformed me from a frustrated procrastinator to a rockstar project finisher. Yay!

I hope many INFPs could embrace the strategies and methods I used, too.

INFP Cognitive Functions Overview

Before delving into the main points, let's briefly introduce the primary cognitive stack of INFPs.

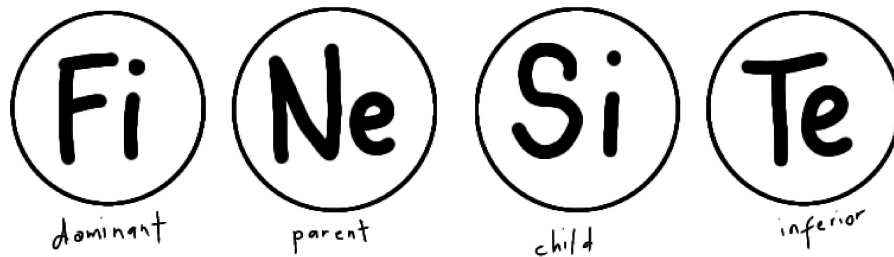
INFP stands for Introverted, iNtuitive, Feeling, and Perceiving and are also known as the Mediators, Healers, and Dreamers of the 16 Myers-Briggs Personality Types.

INFPs are free spirits with a profound moral compass, constantly seeking meaning and authenticity in our lives. We tend to be reserved and characterized by deep compassion and empathy towards others.

Carl Jung, a 20th century Swiss Psychologist, proposed four cognitive functions (Thinking, Feeling, Sensation, and Intuition that are either introverted or extraverted) which is a bedrock of his analytical psychology. It seeks to understand the deep structures of the human psyche and personality. And today, we'll be using it to analyze INFP's behaviors towards procrastination and reaching goals.

Here are INFP's primary cognitive functions:

- Dominant Function: Introverted Feeling (Fi)
- Auxiliary Function: Extraverted iNtuition (Ne)
- Tertiary Function: Introverted Sensing (Si)
- Inferior Function: Extraverted Thinking (Te)



Dominant Function: Introverted Feeling (Fi)

The dominant function is the way a person sees the world as a default. In the case of INFPs, we assess situations through our Fi, which fosters a deep connection to our moral compass. INFPs would make decisions or evaluate the environment based on personal values, ideals, and emotions.

Auxiliary Function: Extraverted iNtuition (Ne)

Extraverted iNtuition (Ne) allows us INFPs to find patterns, make sense of abstract ideas, and generate concepts. It's a forward-looking function where we can branch a single idea into multiple possibilities.

Tertiary Function: Introverted Sensing (Si)

The Sensing function pertains to the database of our experiences. It includes what we feel, see, hear, touch, and taste. With Introverted Sensing (Si) as a tertiary function, INFPs easily recollect the past and use those experiences to solve new problems.

Inferior Function: Extraverted Thinking (Te)

The inferior function for INFPs is Extraverted Thinking (Te), which refers to a person's rationale – having a set of logical reasons from an external source. We use this function to support our decision-making, seeking input from credible references such as books, documents, expert advice, or the opinions of trusted friends.

Having established a basic understanding, let's now explore strategies to combat procrastination in a manner that aligns with the natural thought processes of INFPs.

What are we waiting for? Here we go!

CHAPTER 1

A TIME TO PROCRASTINATE

I was looking at the stack of my "Left Behind" books collection by Tim Lahaye and Jerry Jenkins. It's the first series I collected, and it holds sentimental value to me. The storylines were breathtaking, and the book covers? Stunning.

That afternoon, I couldn't help but imagine the immense satisfaction the authors must have felt after completing such a lengthy and engaging plot. Oh my, If I were them, it would be a truly remarkable feeling.