

# HECKLERS – RELEASE SOME BRAIN SPACE

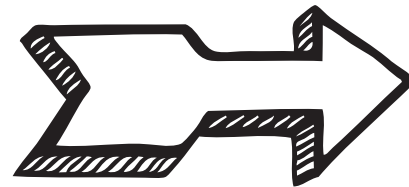
## WHAT'S THE POINT?

The things that we keep putting off or need to remember to do, have a rather irritating habit of popping into our heads when we are trying to relax or concentrate on something important.

I call these “hecklers”. Imagine you are a performer on the stage of your own life, these distracting thoughts keep shouting “don’t forget me...” just as you are starting to relax or want to get excited about a new project. Because our brains are less productive when we are trying to do more than one thing at once, having “hecklers” is a waste of our precious brain energy.

## LET'S DO IT

Write down 5 tasks or things that you need to remember to do which, rather irritatingly, keep popping up into your head when you are trying to relax or concentrate on something important.



## REFLECT & QUESTION

Think about your list. Are there any items on the list that if you did them right now, would be done, dusted and off your list? OK. Here is the challenge. Do 1 or 2 of them right now! Or maybe feel fantastic and do all 5?!

WHAT HAVE YOU SPENT TOO MUCH TIME THINKING ABOUT TODAY?

1 .....

2 .....

3 .....

4 .....

5 .....

## PARTING SHOT

Remember that if a “heckler” pops into your head more than once, it is something you have wasted precious brain energy on.

“THOSE WHO SAY IT CANNOT BE DONE SHOULD NOT INTERRUPT THOSE DOING IT!” **GEORGE BERNARD SHAW**