

JUST TAKE 10

WHAT'S THE POINT?

When we are tired or putting things off, our brains can go into overdrive and come up with some really fantastic excuses to stop us making progress. "I don't have time." "It won't work." "People won't like it". These excuses will sound compelling because your brain has invented them just for you. Problem is, they might not be true...

LET'S DO IT!

Pick a task you have been putting off or an idea you can't find the time to expand upon. Set a timer for 10 minutes. You are going to work on it for just that 10 minutes in a series of 2 minute "sprints". Set the timer before your clever brain can find you 10 convincing reasons that you don't have time...



Write down the benefits of doing this job or implementing this new idea. Think of more benefits to fill the time - even if they sound quite silly.

Break the task or idea down into 3 distinct chunks. Maybe PLAN, DO, REVIEW or STEP 1, STEP 2, STEP 3.



Which of the chunks will take the most time? Which will take the least time? What is the most important first step?

IF THE NEXT 10 MINUTES WERE GOING TO REALLY MAKE YOU FEEL GOOD, WHAT WOULD YOU DO WITH THEM?



Physically do something tangible to take action on that first step. Go on, before you have time to hesitate - do just one thing right now.



REFLECT & QUESTION

How did it feel?



Do you want to stop and leave it there or do you feel you would like to continue now you have started?

How could you use this technique elsewhere?

PARTING SHOT

Now you have started the task, what would stop you taking a little more time right now to get it closer to being finished?