



Hacking Time + Productivity: Unit Eight - Troubleshooting

PLEASE LISTEN TO THE AUDIO!

1. TROUBLESHOOTING

- a. By now, you probably are finding some hurdles hit you:
 - i. You can't keep the 100 truly sacred
 - 1. Boundary issues
 - 2. You don't know how to take care of yourself
 - 3. You aren't being honest about what's important
 - ii. You just don't LIKE working (aka you're feeling lazy)
 - 1. Investigate WHY you are avoiding it
 - a. Perfectionism
 - b. Dislike the work
 - c. Fear of failure
 - 2. Do you need to manufacture pressure to get it done?
 - 3. You're waiting for feelings to tell you what to do because you never adulated.
 - iii. You don't know how to estimate how long things will take
 - 1. You don't know how to feel time
 - 2. You're missing the little "distractions" thinking they are seconds instead of minutes/hours
 - 3. Timers work well here!
 - iv. You have ADD and get distracted in the middle of a task
 - 1. You're not using the worry dump as you should
 - 2. You need blocking apps to stay focused
 - 3. Get as many APPS as you can so you don't have to actually open a web browser
 - v. You never get the hardest thing done in your sacred time
 - 1. Your list isn't broken down far enough