



Hacking Time + Productivity: Unit Five - Judge Your List

PLEASE LISTEN TO THE AUDIO!

1. JUDGE YOUR LIST

- a. Now it's going to get harder. All this time, we haven't really been prioritizing your nightly list. It's just whatever's easiest and whatever's hardest.
- b. The goal now is to PRIORITIZE the list. Most of the things we accomplish can be rated as a 10, 50, or 100 brain power task.
 - i. Writing is 100%
 - ii. Emails are 50%
 - iii. Scrolling on Facebook looking for jobs is 10%
 - iv. Grocery shopping is 50%
 - v. Showering is 10%
- c. This is about BRAIN POWER needed. You don't need brain power to shower. You need some brain power to grocery shop. You need ALL of your brain power to do taxes or write a book.
- d. So the task for this week is to literally put a number next to each thing on the list, 100, 50, 10.
- e. When you're doing your EASIEST/HARDEST big/little list activity, you now have to make sure that the 2 items you choose - are a 100. No 50 or 10 allowed.