



## Hacking Time + Productivity: Unit Six - Finding Homes

**PLEASE LISTEN TO THE AUDIO!**

### 1. FINDING HOME FOR THE 50's + 10's

- a. You'll notice a lot of things on your list are in the 50 range right? And therefore are off limits in the sacred time. We need to find time in your day that is NOT your sacred time. As you can see, we're slowly training ourselves to ONLY do 100 brain power activities in our SACRED time.
- b. So...we need to create a different type of time block. It's not sacred. It's TYPICAL Time. We want to accomplish the things on the list that only need 50% of your brain power, in this time.
- c. TYPICAL time MAY include interruptions from your kids or your spouse.
- d. TYPICAL time is NOT time like waiting in line, showering, driving, etc. That is NOT TYPICAL time.
- e. TYPICAL time is those pockets that you might normally consider "Free" time except there are interruptions and distractions. Some examples...
  - i. After school
  - ii. Meal times
  - iii. Other odds and ends time
  - iv. Do what we did in the first challenge and make sure you have a 50 time each day carved out on your calendar. When those times come around, you can grab the easiest/hardest things on your list and try to bang 'em out using the same techniques.