



Hacking Time + Productivity: Unit Four - Raawwwwrrrr

PLEASE LISTEN TO THE AUDIO!

1. RAWWWRRRRRR

- a. Now, you're going to ADD a new task to what you learned in the last habit.
- b. When you're done making your little list for the easiest thing, do the SAME thing for the hardest one on the list.
- c. That little list might need to be longer and more detailed, because the goal is to break the habit down until it's so minute and easy, you can easily check things off on the little list quickly.
- d. During your SACRED time, accomplish your favorite easy little list FIRST and then try and accomplish the little list of the hard thing.
- e. What will most likely happen is because you accomplished the easy and fun thing (giving you a hit of accomplishment) AND you accomplished step one of the hard thing (another hit), it'll cascade and you'll keep going!
- f. If you manage to get your HARD thing done and have time left, go ahead and go into Little List mode for five or ten minutes on a new item in your big list, build it out, and then do something else!

Make sure all four units are regular habits before continuing!