

Experiment 3

What excuses are you making right now that prevent you from valuing your time?

Do you say things like:

- 'I have to do email first thing otherwise I don't feel under control.'
- 'I'm great at multitasking. I get more done when I do several things at once.'
- 'I pride myself on being available at all times for my team.'

Change now!

Don't think of this as a chore, but rather make it a bit of a game or challenge.

For example:

- 'How many days in a row I can avoid opening my email until 12?'
- 'How many tasks in a row can I do without multitasking?'
- 'How long can I go without being distracted?'
- 'What's my personal best (PB) for the number of unimportant emails I can file or delete in a 25-minute burst?'

Just try it and see.