

EFFORT :
6. THE 10 MINUTE
RULE

***"YOU DON'T HAVE TO SEE
THE WHOLE STAIRCASE, JUST
TAKE THE FIRST STEP!"
MARTIN LUTHER KING JNR***

**The Life of a
Procrastinator**

youtube.com/pleased@com



***DO YOU EVER
PUT UP
BARRIERS TO
WORK OR
AVOID IT
ALTOGETHER!?***

THE 10 MINUTE RULE

Are you guilty of any putting any of the following
barriers up to avoid difficult work?

HAVE YOU EVER...

***1) DONE SOMETHING
MORE COMFORTABLE
BUT LESS USEFUL ?***

***E.G. COPY OUT SOME NOTES
OR CREATE A MIND-MAP,
INSTEAD OF THE PRACTICE
EXAM PAPER?***

**2) CLAIMED THAT HOMEWORK
OR INDEPENDENT WORK
"ISN'T REALISTIC" OR "TOO
HARD", JUST TO AVOID IT?**

**E.G. THIS IS POINTLESS
WORK BECAUSE THE EXAM
WILL BE SO DIFFERENT?**

**3) GOT INTO A DEEP
DISCUSSION ABOUT
SOMETHING RELATED TO THE
WORK, TO FEEL LIKE YOU ARE
ACTUALLY WORKING?**

**4) TOLD YOURSELF THAT NO
ONE ELSE IS DOING IT SO
WHY SHOULD I?**

THE 10 MINUTE RULE

If this is you then the 10 minute rule is a great way to break through these barriers. It's simple.

1. Tell yourself you are going to do 10 min of intense work.
2. Decide what work the 10 min is going to be spent on.
3. Clear a space and sit down with the right materials to hand.
4. **START!**

(That is literally it!)

You can of course stop after 10 mins...but what happens if that 10 mins becomes 20 or even 30 mins?

**BIG
IDEA**



- × Creativity flourishes when you don't seek perfection.
- × Focus on getting stuff done.
- × Just do. Start. Move, make, create, do.

JUST START!!!

THE 10 MINUTE RULE

Which current task is currently the least pleasant on your "to-do" list?

- × Plan to tackle it today (or even now?)
- × Set yourself up somewhere quiet where you won't be disturbed.
- × Set a timer on your phone and just go for it!

Remember – the fear of the work is often much worse than the work itself.

11



OVER TO YOU NOW.

12



**PICK A TOPIC,
SUBJECT OR PIECE
OF WORK...**

12



**GET SOME PAPER
AND SOMETHING
TO WRITE WITH...**

12



**HAVE YOUR NOTES
HANDY...**

12



**SET A TIMER... AND
COMPLETE 10 MINS OF
NON-STOP WORK. SEE
WHAT YOU COME UP
WITH.**

12



**..REMEMBER DON'T
PROCRASTINATE,
INITIATE.**



**..NOW JUST GO FOR
IT!**

FINAL THOUGHTS

- × What do we learn from this experiment?
- × Hopefully, you will realise that the thought of work is often much worse than the work itself!
- × Try using the 10 min rule with a task you are dreading.
- × Which task is currently the least pleasant on your to do list?
- × Plan to tackle it today, or even better right now.
- × Set yourself up somewhere quiet where you won't be disturbed and go for it.