

## **SYSTEMS: 8. THE LEAD DOMINO**

**HOW BUSY ARE YOU?**



**OFTEN WE ARE INUNDATED WITH, WORK TO DO, EMAILS,  
PHONE CALLS, MESSAGES WE NEED TO RESPOND TO...**



**...IT'S EASY FOR A WHOLE DAY TO GET AWAY FROM US,  
WITHOUT US REALLY ACHIEVING ANYTHING PRODUCTIVE.**



**SOMETIMES THE THINGS THAT KEEP US THE "BUSIEST"  
ARE THE VERY THINGS THAT PREVENT US FROM  
FINISHING OUR MOST IMPORTANT TASKS!**



## **BIG IDEA**

- × Tim Ferriss is an American Entrepreneur, author and podcaster.
- × He coined the idea of the "Lead Domino",
- × He argued that you should put your efforts into the one job which, when done, will make your other jobs **either easier or irrelevant**.
- × In other words, the job that has the largest number of **positive knock-on effects**.
- × When you have a large list of jobs to do, it is worth considering this before deciding which job to start with.
- × The idea is to work **SMARTER** rather than **HARDER**.



**THE LEAD DOMINO:**



**THESE ARE THOSE BIG TASKS THAT WILL HAVE THE MOST POSITIVE KNOCK ON EFFECTS...**



**SUCH AS MAKING A SUBSEQUENT TASK EASIER, MAKING YOU FEEL OPTIMISTIC, OR CLEARING UP A TRICKY TOPIC.**



**YOU NOW HAVE 1 MINUTE TO THINK ABOUT AND NOTE DOWN UP TO 4 OF YOUR OWN "LEAD DOMINOS!"**



**1:00**

**NOTE DOWN UP TO 4 OF YOUR OWN "LEAD DOMINOS". THINGS SUCH AS ACTIONS TO MAKE A SUBSEQUENT TASK EASIER, MAKE YOU FEEL OPTIMISTIC, OR WHICH WILL CLEAR UP A TRICKY TOPIC.**

**HINT: LEAD DOMINOES ARE OFTEN THE TASK WHICH MAKES YOU FEEL MOST UNCOMFORTABLE.**

## BIG IDEA



- × This second piece of advice makes the point that we often know which are the big important jobs.
- × These are the ones that make us feel challenged and uncomfortable.
- × There is a crossover between tasks that make us feel uncomfortable, and...
- × Tasks that are important in improving us quickly.
- × The job on your lists that makes you feel most anxious is likely to be your lead domino.
- × If you focus on it now you will save yourself time and effort later.

**FOR EXAMPLE:**

**THE RESEARCH AND EFFORT  
REQUIRED TO COMPLETE  
YOUR 1000 WORD ESSAY...**

**...MEANS THAT YOU ARE  
LIKELY TO LEARN KEY INFO  
THAT WILL SAVE YOU  
HOURS OF REVISION  
LATER.**

### **OVER TO YOU....**

1. Which are currently your most uncomfortable tasks?
2. Consider how completing them might help you with other tasks that you currently have, or are coming up? (e.g. exam preparation, etc)
3. Look at your timetable and block out some time to do your most uncomfortable task.
4. If you can't bear the thought of it try using the 10 min rule!! (page 41 / Presentation 14)

### **FINAL THOUGHTS**

- × Block out some time and do your most uncomfortable task.
- × If you can't bear the thought of starting it, use the 10 min rule to get you going
- × How did / will it make you feel when you complete the uncomfortable task?
- × Write down how you felt when you have completed it, then return and read this the next time you are having trouble starting.