



















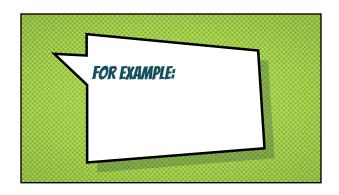


NOTE DOWN UP TO 4 OF YOUR OWN "LEAD DOMINOS"! THINGS SUCH AS ACTIONS TO MAKE A SUBSEQUENT TASK EASIER, MAKE YOU FEEL OPTIMISTIC, OR WHICH WILL CLEAR UP A TRICKY TOPIC.





- 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.



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 you 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.