

You Have Time (you just need to know how to motivate!)

We are all guilty of wasting the one thing we can't replenish -- time. The reality is often we have the time, we just don't have sufficient interest or focus. Whatever we're fascinated with we MAKE time for, so the real trick is to learn how to make things fascinating. Once your subconscious is on board it's easy to do almost anything. Think about it. When you're doing something like a hobby, how easy is it to learn? How hard is it to concentrate? Now think about those things you don't like. How easy is it to get distracted? How hard is it to learn? Yet for a hobby people can memorise huge reams of facts the rest of us stare at open-mouthed in astonishment. If the brain can do it at ANY time, it can do it EVERY time, you just have to know how to get motivated so your subconscious (which processes 0.1 quadrillion bits of information a second) is a willing part of the process rather than a reluctant bystander.

So how do you do this? Well, first of all it doesn't have to be everything, just the things you need or want to do. The WIIFM? comes up (what's in it for me?). If you can identify something beneficial you can do with whatever you are about to learn, that increases interest. Focussing on practical applications of things you don't want to learn

but HAVE to learn -- how much fun it will be when you can breeze through things others find difficult -- is always good. In sum, we have to elicit the cooperation of the subconscious and that part is willing once it learns there's a chance of a dopamine hit at the end of it. We get dopamine when we feel simple satisfaction and the more intense the pleasurable feeling, the more dopamine. Imagine seeing yourself knowledgeable, informed and admired by others for knowing what you know. As Mary Poppins says: "In every job that must be done there is an element of fun. You find the fun and snap, the job's a game." For example, house cleaning a total ar*e-ache? Put on some music and dance to it and imagine you're a show-stopper in Vegas (or in that Queen Video, "I Want To Break Free")! Promise yourself fun things IF you complete a task (and don't give in!) and then, when you complete the task, take a moment to recognise you've done it and how good it feels to have it completed and how much fun you're going to have doing whatever you promised yourself.

For most tasks it's not doing it that's the problem, it's getting started, so here's a trick: say you're going to do it for ten minutes, no more. Set a timer and get going. Now you can turn it into a game because once you're started and the timer's running you can lay bets with yourself how much you will complete in that time. Often, when the timer goes off you don't want to stop and if you don't then carry on, but if you do then stop, do something else, then set yourself another ten minutes. It's AMAZING how much you can get done in just ten minutes.

NOW GET STARTED!!!

