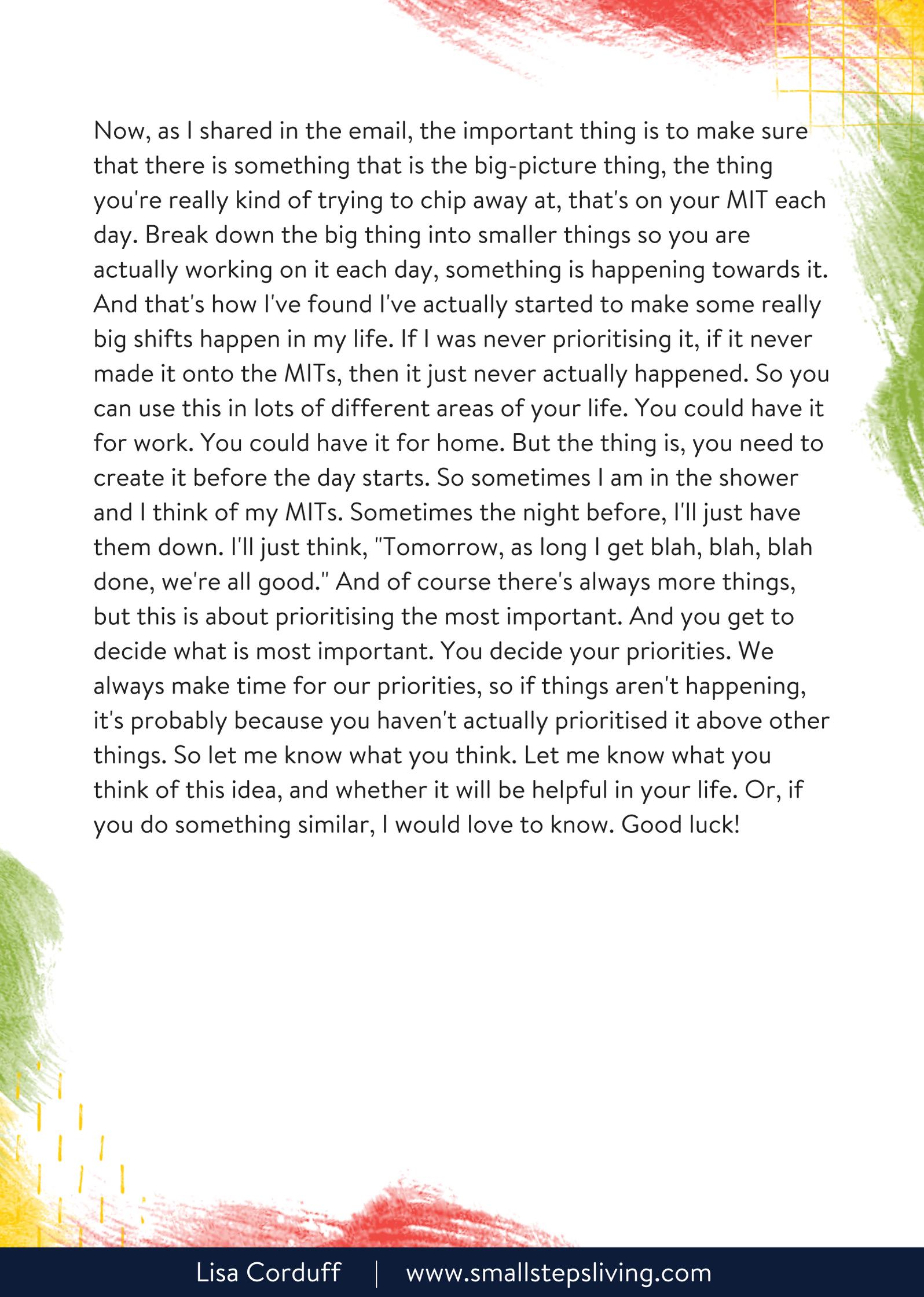


CREATE YOUR MITS

Hey, all. Welcome to October. I cannot believe that we are really coming to the end of 2018. Still feel like I'm getting used to saying that. Anyway, here we are.

And what I wanted to share with you today is one of the really amazing ways I've been able to simplify my daily tasks and get more done. And I came across it a little while ago. I can't remember, I think it was in a blog or something I saw online, and I love a good acronym, and it was the MIT, Most Important Tasks. And I thought, okay, this actually could really work for me, because I'm a person, as you know, especially if you've been here for a little while, who has all the ideas, who has lots of different things happening at the same time. Family, work. It's really two businesses that I'm running. And then just household, all those sorts of things. And what I find is that as soon as things become really huge for me, like a big, huge task, I almost don't even go there. It just seems too big. And I feel like I've only got these sort of small pockets of time. And so the things that I really want, that are a little bit bigger, it's really hard to kind of reach them or get them started.

So with MITs, what I do is I choose three every day. Some people just choose one per day. And all you have to do for that day is make sure that thing or those three things are done. And that has revolutionised my life because it means that I can get the first things, those things done, kind of early, and then I feel hyper-productive, and I can work on the other things.



Now, as I shared in the email, the important thing is to make sure that there is something that is the big-picture thing, the thing you're really kind of trying to chip away at, that's on your MIT each day. Break down the big thing into smaller things so you are actually working on it each day, something is happening towards it. And that's how I've found I've actually started to make some really big shifts happen in my life. If I was never prioritising it, if it never made it onto the MITs, then it just never actually happened. So you can use this in lots of different areas of your life. You could have it for work. You could have it for home. But the thing is, you need to create it before the day starts. So sometimes I am in the shower and I think of my MITs. Sometimes the night before, I'll just have them down. I'll just think, "Tomorrow, as long I get blah, blah, blah done, we're all good." And of course there's always more things, but this is about prioritising the most important. And you get to decide what is most important. You decide your priorities. We always make time for our priorities, so if things aren't happening, it's probably because you haven't actually prioritised it above other things. So let me know what you think. Let me know what you think of this idea, and whether it will be helpful in your life. Or, if you do something similar, I would love to know. Good luck!