



Tips to keep you airborne!



How to overcome resistance

July 2021

Do you ever find that there are some things you can accomplish very quickly, in say 10 minutes, 20 minutes or an even an hour? In these instances, you can use willpower and determination to make yourself do them and you can get a reasonable number of them done.

But what about the larger things? Perhaps writing that book you've been planning, or clearing out the attic, doing your end of year taxes, or getting yourself in shape.

These big things will take more than an hour. As such, you don't apply yourself and you end up procrastinating because it's going to require effort.



Alan Lakein, American author on personal time management, including *How to Get Control of Your Time and Your Life*, came up with a simple concept called the Swiss cheese model to help you do just that.

In essence, all that's required is to take the big things and break them down into smaller things.



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259

So, here's a hands-on, pen and paper deal to tackle a big item...

1. Take a sheet of paper and draw holes all over it, so that it looks like a nice hunk of Swiss cheese.
2. Next, write all the different aspects of the project in the holes (in other words, what's it going to take to do all of this?).
3. Now look at the cheese, pick one hole and ask yourself if you feel like doing what's written therein (often you might because the overwhelm factor is gone and the rational factor says: I can't accomplish all of it but maybe a piece)
4. Look at the 'holey' number of factors again and say: is there anything on this list that I feel like doing or that I want to do right now (not need to do)? Is there any piece that I'm called to do right now?
5. Zero on that factor and away you go!

And the moral of this cheesy story...follow your path of least resistance and not only will you leave crumbs for dust, but you'll feel way better!

Till next month...keep it small, keep it tasty,

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE, including getting things done.

Spread the word...



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