

Ten Minutes on a Timer

Run one ten minute round on a hard task and write down what actually happened.

WHEN TO USE THIS

Use this right now, with a task in front of you and a timer in your hand.

What will you work on for ten minutes? One thing only.

Set the timer. When it rings you are allowed to stop. You are not signing up for more than ten minutes.

Before starting: how much do you not want to do this?

0

1

2

3

4

5

6

7

8

9

10

Fine with it

Everything in me says no

Afterwards: how far did you get, and how was it compared to what you expected?

Stop or keep going? Either is fine. Write what you are choosing and why.

Ten minutes is a real amount of work. Starting is the expensive part.