

The Boring Part First

Get the dull, dreaded piece out of the way early instead of carrying it all day.

WHEN TO USE THIS

Use this in the morning, on a day with one job you already want to skip.

What is today's dull job? The one you will find reasons to put off.

How long will it really take? Guess, then guess again a bit lower.

Most dreaded jobs are shorter than the dread.

What time will you do it, and what comes right after?

Put something ordinary and pleasant on the other side.

Afterwards: what was it actually like? Write it down for the next time.

The dread costs more than the job. Doing it early stops paying twice.