

AUTOMATING instead of Procrastinating: it's the secret sauce to getting things done!

To Automate is to embrace repetition.

Repetition creates consistency, and consistency is making peace with repetition.

When you practice a skill over and over, it becomes easier and mastery is achieved.

Think about Olympians like Michael Phelps or Suni Lee, who spent years and years practicing and honing their skills before becoming gold medalists.

If you've ever taken piano lessons, you'll likely remember the scales you had to practice (ad nauseam!), or the many plies and bar exercises you had to repeat during ballet before ever graduating to pointe.

Repetition is key.

You create muscle memory when you lift weights, but you also create a neural pathway in your brain resulting in your new habit.

Once it's automated, you free up to 90% of the Pre-Frontal Cortex. This means you can think about other things and focus on them.

For example, learning a new exercise. Once learned, you can focus on exactness and proficiency.

Psychologists call this "overlearning" or "overtraining."

Here are Four Steps to Automaticity:

1. Repeated learning - look at NBA player Steph Curry who has a 90.47% conversion rate - the highest free throw percentage in NBA history. This is beyond mastery!
2. Make it a bit harder, then bring it back to where you're good. Think about this in terms of lifting weights, or intermittently increasing your pace while on the treadmill, for example.
3. Shorten timelines - work a little faster, race against the clock, and gamify your daily tasks to challenge yourself.
4. Stack and piggyback your routines and rituals - try them from memory.