

I'm betting - if you did the exercises and were REALLY raw and honest, you were perhaps a bit surprised at where your time was going.

One thing that can weigh heavy is projects that are seemingly overwhelming.

We "measure" them as impossible, too hard, or "I'll never be able to", EVEN when we understand how these thoughts and words set us up to fail. They still come though, don't they?

There's a technique called Chunking that can help REALLY get a project underway and help you see the forest through the trees - let's get after it!

First off, our brains love patterns and we can take advantage of this. In my Nutricoach program, I teach kitchen organization and how to set it up for real cooking. Guess what the biggest concept is?

Like goes with like.

Our brains grasp this easily, so keep that in mind as we go through the "how-to's."

To get started, you'll need an uninterrupted period of time - an hour or even half an hour will help.

1. Brain dump the list. Don't worry about the cohesiveness or even the detail - let it all go and put it to paper. (Writing is best for your brain!)

2. Look for commonalities - what goes together? Maybe it's 2 errands that can be rolled into one. Maybe it's an impossibly stuffed garage - make a task list for it. What goes together?

3. What's your purpose? I know my answer to this, but what's yours? Connect to THAT (solution) instead of your list of woes (problem).

4. Tony Robbins says, "Rewards come in ACTION, not discussion." Block time for this. Make your "should" a must! Remember your purpose and your goals!

Chunking time to devote to getting things done brings you closer to what you want.

There is a smart way to make life more manageable by making a clean delineation of doing to get what you want; to stop being reactive and in crisis all the time to instead being proactive and in control of your time.