

In the mid-1800s, John Henry Patterson helped to popularize cash registers. Automating the checkout process not only encouraged ethical behavior, but it changed his business completely and he went from losing money to making a profit.

The best way to break a bad habit is to make it impossible.

The best way to create a good one is to automate it so you don't have to think.

James Clear, author of Atomic Habits, has some great automation tips:

- Nutrition: Use smaller plates to help your brain register when you are satisfied. (We tend to want to clean our plates, no matter the size!)
- Sleep: No TV in the bedroom
- Productivity: delete social media and games from your phone
- Health: Wear better supportive shoes
- Finances: Call your service providers and ask for lower rates

Technology handles a lot of our tasks.

Amazon delivers everything; we can order groceries or premade meals at the click of a button; Healthcare can often be provided via video call or over the phone; documents are signed via Docusign; they even have dog collars to make training your pup easier!

But the downside is-

We binge-watch TV (I just watched Downtown Abby!); YouTube autoplays; ordering pizza or Uber Delivery is extremely easy, convenient, and tempting; and we spend hours and hours mindlessly scrolling through social media. (James Clear actually resets his passwords on social media each week in order to stop, and only checks it on the weekend!)

Technology works against us and instead feeds our impulsiveness.

We call them "just taking a break" or "too tired to cook," or "it'll be so much easier."

How often have you said things like this? Me too - I just pulled these from my own head!

One of the things that prevents us from the magic and timesaving capacity of automation is what Benjamin Hardy calls "over-waiting."

"It's not quite perfect!"

"It needs more research!" (or so we think!)

"I'll start on Monday!"

The bottom line? OVERPLANNING KILLS PROJECTS.

So to get to the place of automating we need to, as Ray Bradbury put it -

"Jump off the cliff and build your wings on the way down."

How?

1. Be ok with EXCELLENCE (not perfection!)
2. Mistakes happen - learn from them.
3. Before you automate, you labor over it.
4. Personalize it.
5. Be intentional with it.
6. Be present with it.
7. You are a bridge builder - some things are faster and easier, others not so much.
8. Ask for help.
9. Congratulate and mentally high-five yourself.
10. Shampoo, Rinse, Repeat!