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00:01:46.910 --> 00:02:08.500

Ari Tuckman: Okay, thank you. Thank you for setting this up, and it is always great to be here doing stuff for Chad. I've been doing stuff for Chad for a very long time, so I am glad to be here to talk about something that I think is really interesting, which is productivity in general. But maybe more specifically, is.

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00:02:08.500 --> 00:02:23.090

Ari Tuckman: how does productivity show up when you have Adhd? And how does it affect, or what is the sort of mindset part of productivity as well. Right? So in other words, it's not just

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00:02:23.090 --> 00:02:48.400

Ari Tuckman: things like, I don't know, getting rid of distractions in your environment and using a to-do list, and all that stuff which is also good stuff. But but it's more kind of the mental part of it, right? So how to have a mindset that enables you to keep going even when things get stuck or feel frustrating, or don't feel like they're working out. So that's the sort of part of this that we're going to be talking about here today.

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00:02:48.400 --> 00:02:56.519

Ari Tuckman: So let me go ahead and let's start with this right quick fixes usually fail pretty quickly

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00:02:56.520 --> 00:03:06.070

Ari Tuckman: that we all love the idea of the like magic hack that's going to solve our problems, or the new app or the new whatever.

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00:03:06.330 --> 00:03:10.830

Ari Tuckman: But the reality is, most of that stuff doesn't really work. So

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00:03:11.180 --> 00:03:36.439

Ari Tuckman: if you feel like you've struggled a lot. If you feel like you haven't been able to be as productive as you want to be, or, as you know, for your clients, or for your students, for your kids, maybe for your spouse. This is why, right? It's because to really, actually make changes, it takes some real effort and time. Right? Change is hard, and especially if it's not just doing something once or twice.

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00:03:36.610 --> 00:03:48.267

Ari Tuckman: but doing stuff every day and every day and every day. So so this stuff does take effort, but also with effort, tends to be some improvement. So

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00:03:49.010 --> 00:03:55.659

Ari Tuckman: in terms of whether we are able to get something done or not able to get something done.

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00:03:55.810 --> 00:04:24.060

Ari Tuckman: I don't know. There's potentially a lot that goes into it. Right? So I'm a psychologist. What I do in real life is I sit in my office here and I meet with clients all day, and I've had many, many conversations about the ability to kind of get things done, or, alternatively, what got in the way when they didn't get it done, and what it has taught me is that there's lots of different things that feed into, whether you get it done. And

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00:04:24.100 --> 00:04:34.130

Ari Tuckman: the 1st job, then, is to figure out what exactly is getting in your way here. If you're not able to get something done now or

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00:04:34.270 --> 00:04:40.960

Ari Tuckman: in hindsight, you couldn't get that thing done yesterday. What exactly is happening there.

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00:04:41.110 --> 00:05:06.720

Ari Tuckman: you know, like I said, there's things like, maybe your environment is distracting. Maybe you didn't get enough sleep. Maybe your Meds have worn off. Maybe you're depressed or anxious. Maybe someone has unreasonable expectations, right? Lots of other things. We're going to talk about a few specific things that can get in your way. But in general I tend to think of it as pulling as many levers as you can right? Like

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00:05:06.720 --> 00:05:22.259

Ari Tuckman: getting rid of distractions. Okay, that makes me slightly more, you know, likely to pay attention to the right thing. Getting enough sleep. Okay? Well, I'm a little bit more sort of mentally sharp. If I get enough sleep. So let's add that part in right. And we're just adding in as much as we can.

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00:05:23.350 --> 00:05:44.239

Ari Tuckman: Now, there's a whole nother discussion about how productive do you really need to be? I mean, obviously, we would all like to be more productive generally, that sounds pretty good. At least, if it's free. But how productive do you actually need to be? Because there does come a point where enough is enough.

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00:05:45.070 --> 00:06:06.550

Ari Tuckman: There's also the question when we talk about productivity or struggles with productivity is how much of the problem is that you're not getting enough done. How much of the problem is what other people are expecting of you, and how do you sort of negotiate those possible differences of opinion?

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00:06:07.840 --> 00:06:26.740

Ari Tuckman: But ultimately my goal here is to share some strategies to share some ways of thinking so that you can feel a bit more effective, right? More of a sense of agency. I can control what I need to control and to feel a bit better about yourself in the process. That's kind of what we're hoping for.

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00:06:29.090 --> 00:06:33.659

Ari Tuckman: So part of being productive. Maybe the big part is

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00:06:33.770 --> 00:06:46.641

Ari Tuckman: being productive on the things you don't really want to do. Nobody needs help getting through their Instagram feed right? That's pretty fun. Kids don't need help getting through their. You know, video games. That's pretty easy. Also.

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00:06:47.430 --> 00:06:59.830

Ari Tuckman: really, when we talk about being productive, it's usually on the things you don't really feel like doing right, because that's the stuff that takes more sort of like mental effort to like get over that hump and to get something done.

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00:07:00.970 --> 00:07:09.829

Ari Tuckman: Now, obviously we would all then prefer to say, Nope, not going to do that. That sounds boring or annoying or frustrating.

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00:07:09.960 --> 00:07:36.369

Ari Tuckman: But when you have Adhd stuff that to other people is just kind of annoyingly boring might be like painfully boring as in like, oh, my God! I would eat my leg off rather than you know, finish sorting receipts for taxes or whatever. Now, of course, the problem is when we don't do the things that we need to do, even though they are pretty damn boring.

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00:07:36.550 --> 00:07:53.699

Ari Tuckman: It tempts trouble in the sense that if you don't do it it can come around to bite you right. The thing you didn't get to. Someone is unhappy about it, or there's some other problem. But even if somehow you dodge that bullet right, nobody finds out and it's totally cool.

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00:07:54.170 --> 00:08:01.469

Ari Tuckman: you still know, right in your head there's still that thing of like I really should have done that. I wish I'd gotten to it.

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00:08:02.350 --> 00:08:15.396

Ari Tuckman: So part of doing what you hate is to just sort of make it a regular habit, and this is often my advice with clients. They literally had this conversation 1st thing this morning.

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00:08:15.890 --> 00:08:17.190

Ari Tuckman: about

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00:08:17.490 --> 00:08:43.349

Ari Tuckman: just scheduling in some time every morning for this guy to just get to the stuff he didn't really want to do, because here's the deal. He doesn't want to do it at 9 Am. But he doesn't want to do it at noon, and he definitely doesn't want to do it at 9 pm. Either. Right? There's not a time of day or a day of the week where these are things where he's like. Yay, I get to research flights, you know, like not a thing he's ever going to be interested in doing. But

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00:08:43.610 --> 00:08:55.039

Ari Tuckman: if you make a point of saying, this is the time I'm going to do it right that you sort of pick a time. Put it on your calendar. It makes it a little bit more likely that it's gonna happen.

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00:08:55.160 --> 00:09:17.010

Ari Tuckman: or if you generally, the advice I give is if you plan it for earlier in the day, it's more likely to happen right when we say I'll do this like later in the day. Other things in the day happen, and they like bam. They knock that out, and we never get there. So, being intentional about when you block out the time trying to set it up.

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00:09:17.180 --> 00:09:34.970

Ari Tuckman: I don't know, maybe adding in some small reward afterwards, after I do this thing, then I will do this other thing. I want to do more right. It can't be too big a reward, but sometimes a little extra bit of a reward can make it easier to like. Get over that hump and do it.

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00:09:35.960 --> 00:09:41.769

Ari Tuckman: And when you do spend that time, when you do bite the bullet. You're like, okay, I just need to do this.

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00:09:42.000 --> 00:10:02.229

Ari Tuckman: Give yourself a bit of credit for it. Right? Notice the fact that I did this thing right and definitely give yourself the credit for doing it, because if you didn't do it, you would have definitely noticed that and kind of beat up on yourself a little bit. So this idea of giving yourself credit, I think, is really important.

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00:10:03.570 --> 00:10:09.729

Ari Tuckman: Now, where this gets a little bit subtle, perhaps, is the times when

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00:10:09.770 --> 00:10:35.580

Ari Tuckman: we don't really want to do a task, or we sort of feel like we should. But we really don't want to, or there's something about it that makes us uncomfortable as in like, I don't really know what the hell I'm doing here. It's easy for it to just like get forgotten right as in like oh, I forgot to do it, or Oh, shucks! I forgot to write it into my schedule, or to do list, or I never set an alarm.

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00:10:36.980 --> 00:10:42.700

Ari Tuckman: It can look like it's forget, like it's just sort of Adhd forgetfulness. But

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00:10:43.320 --> 00:10:52.990

Ari Tuckman: in this case it's a bit more sort of emotionally driven in the sense of this makes me uncomfortable. I want to avoid the thing that makes me uncomfortable

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00:10:53.200 --> 00:11:09.180

Ari Tuckman: so as much as it looks like a time management problem is in the sense of like I ran out of time, or it looks like a memory problem. I forgot to do it. It's really more about kind of tolerating those uncomfortable emotions. So

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00:11:09.220 --> 00:11:27.160

Ari Tuckman: one of the ways of dealing with this, then, is to just simply accept the fact that if you want to live an interesting life where you get all the benefits of the good stuff that you got going on, and you have time and energy to really invest in the things that are meaningful and interesting.

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00:11:27.550 --> 00:11:34.940

Ari Tuckman: Then it means sometimes you got to bite the bullet and do the boring stuff right. This is part of the cost of doing business. So

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00:11:35.130 --> 00:11:51.000

Ari Tuckman: figure out what you need to do, find a time, and just get it done as quickly as possible with as little suffering as possible, just as good as it needs to be, but not better. Just get it done and focus on the good stuff on the other side.

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00:11:52.270 --> 00:12:08.289

Ari Tuckman: and that the point of this is not just kind of dodging bullets or not having people be angry with you, but rather, if I do this, then what are the good things that come from it? How does this set me up for other better things?

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00:12:09.710 --> 00:12:16.919

Ari Tuckman: Now, if you have to do it right, it's just that thing of like ugh! I really don't like this.

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00:12:18.500 --> 00:12:30.029

Ari Tuckman: There's this idea that it may not be particularly optional to do the task, although ultimately everything is optional. It's just a question of whether you want to pay the price for not doing it, but

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00:12:30.630 --> 00:12:44.410

Ari Tuckman: But while the doing it might not be particularly optional. How much you suffer from it like that is optional, right? We do have some ability to influence how much we're going to suffer from it, so

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00:12:44.660 --> 00:12:57.559

Ari Tuckman: complaining about it, whether to other people, or just rattling around in your head, focusing on how boring it is, or how stupid, or this is ridiculous, or I don't even know why anyone has to do this.

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00:12:57.680 --> 00:13:01.190

Ari Tuckman: All of that might be 100% true and valid.

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00:13:01.430 --> 00:13:09.080

Ari Tuckman: and also the more that we're sort of like getting caught up on that. And especially if we're like self-righteous about it.

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00:13:09.300 --> 00:13:15.560

Ari Tuckman: it just makes us feel worse, right? Because we're focusing on the the negative parts of it

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00:13:15.980 --> 00:13:24.630

Ari Tuckman: rather than just getting it done. Now, I'm not going to say that you're going to whistle while you work, and that something awful is going to be good because it isn't going to be.

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00:13:24.870 --> 00:13:34.902

Ari Tuckman: But there's a difference between this is kind of bad, and this is awful. Right? Less bad is actually like better. Right? That's progress.

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00:13:36.060 --> 00:13:53.470

Ari Tuckman: I think there's also something, you know, a place to find a little bit like a few more drops of motivation is when you don't feel like doing it, or you're in the middle, and you don't feel like continuing is to remind yourself how good you're going to feel once, you know, you did it

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00:13:53.610 --> 00:14:09.449

Ari Tuckman: right that knowing I did this thing, that kind of sucked and was really hard to keep going, but I did right notice that, and to really give yourself some credit for it, or notice it, and say, I will give myself credit when I get there.

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00:14:10.830 --> 00:14:12.829

Ari Tuckman: Maybe it's a thing that

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00:14:14.040 --> 00:14:28.310

Ari Tuckman: you say, okay, I'm going to do a half hour of this. I'll just bang away a half hour, or I'm going to work on it until this part. Right? So I don't know if you have to read a book. I'm going to read one chapter and then, like, then I'm going to take a break.

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00:14:29.250 --> 00:14:36.049

Ari Tuckman: So it gives you a specific endpoint that you're like, well, I can get to there right as opposed to like thinking about the whole thing.

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00:14:36.270 --> 00:15:02.479

Ari Tuckman: or maybe adding other fun stuff to make it less painful. So listen to fun music while you're doing it, having a podcast going, if it's not going to be too distracting or videos or calling a friend or going somewhere else. So like going to the coffee shop, or whatever, or adding in some variation. So it's a bit easier to just kind of keep moving and distract yourself a bit from the suffering of it.

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00:15:03.565 --> 00:15:18.840

Ari Tuckman: So let's let's put some ideas out there. I kind of called the put it to work section, meaning, here's some ideas I shared. Let's actually take it out into your life where you can do something with it. Because that's actually what we care about. So

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00:15:19.130 --> 00:15:23.600

Ari Tuckman: what are some boring tasks that you're kind of avoiding.

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00:15:23.860 --> 00:15:48.729

Ari Tuckman: Well, okay, we all have some of those. I've got some of those on my desk right there. But like, what price are you paying for? Avoiding these things right like, how is it? Is there a tangible price that there's like late fees or something? Or is there just more of a mental price of like. Every time I think about that, it kind of drags me down a little bit. So just being aware of the price that you're paying

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00:15:50.140 --> 00:16:05.839

Ari Tuckman: another idea. Write out. Don't just sort of passing. Think about it because those passing thoughts sort of disappear, but like maybe literally think about it and write it out. How was your life better when these dreaded tasks are done?

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00:16:07.730 --> 00:16:26.140

Ari Tuckman: when you really don't feel like starting on something? Maybe you pull out that list, and you look at it. And you're like, Oh, right, this is why I'm doing this, because sometimes, when we're stuck and miserable, we can't think of any of these good reasons that might convince us to just bite the bullet and get our way through.

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00:16:27.250 --> 00:16:29.040

Ari Tuckman: And then, finally.

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00:16:29.240 --> 00:16:34.930

Ari Tuckman: you know, talking about those times where we sort of set ourselves up. We're like, Oh, shucks! I forgot

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00:16:35.360 --> 00:16:52.690

Ari Tuckman: Identify those situations where you're tempted to set yourself up to sort of avoid those dreaded tasks right? What do you tend to avoid? How do you talk yourself into it? Right? This is that whole like, I don't have to write that down kind of thing.

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00:16:53.130 --> 00:17:02.899

Ari Tuckman: but noticing those moments, and maybe kind of working on that emotional tolerance that like, yes, I hate this. Yes, this kind of sucks.

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00:17:03.690 --> 00:17:11.230

Ari Tuckman: and also I can handle it. I got it. Here we go, get it done.

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00:17:11.760 --> 00:17:18.319

Ari Tuckman: move on to better things right, and to focus on what those better things are on the other side of it.

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00:17:20.030 --> 00:17:28.220

Ari Tuckman: Let's shift gears a little bit, then, from how do you do the things you don't want to do to. Let's talk about deadlines. And

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00:17:28.550 --> 00:17:55.969

Ari Tuckman: on the one hand, if you have Adhd, it's kind of easy to love deadlines in the sense of like. That is often the place where a lot of things get done. On the other hand, it's also easy to hate them, because, like God damn it, is this really the thing I have to be doing right now. So deadlines are a bit of a mixed blessing. But you know the reality is, life has deadlines, whether regardless of how we feel about them. But

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00:17:56.830 --> 00:18:15.300

Ari Tuckman: the difference one of the big differences between folks with Adhd and folks who don't have Adhd is that if you don't have Adhd, you will feel deadlines further away, right that it can be days until that deadline. But you're starting to like feel it and think about it.

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00:18:15.640 --> 00:18:25.780

Ari Tuckman: I should probably do it. I should start working on that thing, whereas when you have Adhd, you don't really feel the pressure of the deadline until that deadline has come to like right here.

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00:18:26.370 --> 00:18:34.579

Ari Tuckman: So one way of putting it is that people with Adhd are much more motivated by deadlines by close deadlines

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00:18:34.720 --> 00:18:46.250

Ari Tuckman: the flip side of the coin. The other way of saying it is that folks with Adhd have a harder time self-generating motivation when a deadline is too far away.

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00:18:47.850 --> 00:19:16.500

Ari Tuckman: Now, of course, if you tend to be a little bit oppositional, you know no judgment on that. If you tend to be a little bit oppositional as much as on the one hand, a deadline might sort of kick you into gear, also having a deadline, especially if it feels like it's being crammed onto you by someone else. It can also make you a bit sort of resistant, as in like. You can't tell me what to do. I'm not doing it

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00:19:17.190 --> 00:19:35.389

Ari Tuckman: weirdly and kind of funny. Sometimes we can be resistant, even though it's our own deadline, right? Someone else didn't give it to us, but we gave it to us, or maybe 3 weeks ago. Me, you know, we gave it to us, and it's this thing of like, I don't want to do it. Don't make me do it.

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00:19:36.180 --> 00:19:39.239

Ari Tuckman: But at the end of the day.

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00:19:39.860 --> 00:19:46.029

Ari Tuckman: even if someone pulls out a gun and says you must file this paperwork right now.

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00:19:46.660 --> 00:19:56.840

Ari Tuckman: You don't actually have to like you literally don't. Even if someone pulls out a gun and says, Give me your wallet or I'm going to shoot you, you could choose to say, no, I'm not giving you my wallet.

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00:19:57.070 --> 00:20:13.380

Ari Tuckman: I'm not going to recommend that, because it's probably not going to be the, you know, a happy ending to this story. But like you don't have to do anything. So when we're being oppositional, we're, it's this idea that, like someone is forcing me to do it. But

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00:20:13.740 --> 00:20:18.389

Ari Tuckman: really, really, when you get down to it, what it comes down to is

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00:20:19.020 --> 00:20:33.619

Ari Tuckman: I don't want to do this thing that someone is pushing me to do, but more so. I don't like the consequences of not doing it, so I don't like having to fill out all this paperwork, but if I don't.

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00:20:33.700 --> 00:20:49.470

Ari Tuckman: then I don't know. My car insurance goes up, or something, and that feels worse, or I don't want to study for this test, but then my grade goes down, and then I don't know. My parents give me a hard time, or something so like fine. I'll study for the test. And I'm saying this

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00:20:49.970 --> 00:20:51.680

Ari Tuckman: in order to sort of

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Ari Tuckman: to sort of communicate the idea that we are always the one making the choice at the end of the day we are always the one who decides. This is what I choose to do. I may not love the options I have, but I'm still the one making the choice to do it or to not do it, and maybe that feels a bit better than feeling forced to do something. You don't want to do.

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00:21:19.350 --> 00:21:24.600

Ari Tuckman: Now. One of the things that I've noticed with my clients is that

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00:21:25.240 --> 00:21:43.419

Ari Tuckman: as much as there are deadlines that are like real deadlines. As in like at, you know, at 1159, it's open, and at midnight, like click, it closes off. There's a lot of deadlines that are kind of soft as in like, hey, can you get me that report? Okay.

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00:21:44.560 --> 00:21:47.290

Ari Tuckman: like now, tomorrow.

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00:21:47.430 --> 00:22:16.805

Ari Tuckman: before we all die, like, when, when exactly do you need this thing? Also. By the way, do I believe you when you say I need that thing by the end of today? Do you really need

it by the end of today, because I feel like you're kind of lying to me a little bit, or you're just being lazy and not really thinking about when you need it. So do I really need to kill myself to get it to you today, or is frankly like 2 days from now, like literally just as good, because you're not going to send it to the to the client, anyway.

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00:22:17.340 --> 00:22:34.759

Ari Tuckman: but the problem for anybody is soft deadlines, deadlines that, you know, are kind of bogus. Nobody is motivated, particularly by soft deadlines, but folks with Adhd are really not motivated by soft deadlines. So

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00:22:34.800 --> 00:22:57.029

Ari Tuckman: one of the things that I've seen is that folks will sometimes kind of let themselves off the hook a little bit by not actually specifying a real deadline so definitely one of the places this shows up is bedtime. If you don't have like a specific time when you're supposed to be in bed, it's really easy for that time to kind of drift and land, you know, who knows where

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00:22:58.070 --> 00:23:05.570

Ari Tuckman: now it might also be, though, that you need to actually take the time to really think about.

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00:23:06.250 --> 00:23:35.659

Ari Tuckman: Okay, what is the real deadline like, when do I really actually need to get this done like, at what point is it fine? And then it begins to become like less fine. You know, if I don't figure this out. If I don't place an order by here like they're going to start running out of stuff, or the shipping may not be guaranteed, or it's going to cost me more, or like, you

know, so like, really, what is the deadline. And sometimes you need to actually kind of invest the time to figure that out.

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00:23:39.020 --> 00:24:03.910

Ari Tuckman: so one of the ways, then, or something that that, I think is important is this idea. And I kind of mentioned this of like not feeling the deadline when it's too far away, when the deadline is like way out here. You may not feel it. It's like it exists sort of like, in some sort of abstract sense, that deadline is out there. But you're definitely not like feeling that fire in the belly to do anything about it.

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00:24:04.320 --> 00:24:31.550

Ari Tuckman: So one of the ways, then to feel that far away deadline is to begin to create interim deadlines right and, like teachers do this all the time with like big papers and stuff, you know. So the final paper is due here but 2 days from now you need to title and a topic sentence, and then 2 days after that, you need your sources, and, like blah blah, right? All the steps out to the final like 6 page paper.

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00:24:31.680 --> 00:24:35.320

Ari Tuckman: So if you're an adult.

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00:24:35.810 --> 00:24:47.279

Ari Tuckman: that might be more the thing you need to create for yourself. So I've got this big thing for work. I'm going to get this done by here and this done by here and this done by here.

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00:24:48.620 --> 00:25:06.919

Ari Tuckman: But when is it actually going to happen? Right? So deadlines that just float out, there are less likely to to work out. But maybe instead, you can schedule in some times. So like every Wednesday, from like 10 to 12 like bam, bam, bam, I'm going to block out time, and I'm going to work on that project.

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00:25:07.850 --> 00:25:15.568

Ari Tuckman: That's a lovely idea, but also who knows how you're going to feel on Wednesday? Attend? Probably not like working on it. I think?

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00:25:16.330 --> 00:25:23.109

Ari Tuckman: So how do you sort of crank up a bit of that, you know. Motivation to start working on it.

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00:25:23.470 --> 00:25:40.310

Ari Tuckman: I mean, one way is to use a bit of social pressure in a good way. Right? So you might, in the case of work, like, set up a thing with your boss where you say, okay, every Wednesday, I just want to send you a quick status update email and let you know where I'm at.

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00:25:40.560 --> 00:25:47.390

Ari Tuckman: Even if your boss doesn't even read the email if you know you're supposed to send it, because, like you said something.

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00:25:47.570 --> 00:26:04.659

Ari Tuckman: maybe that makes it a bit easier to find the motivation on Wednesday at 10. 0, 1 or 1015, or 1115 even. I'll take it to just sort of like, okay, I got to like, move this ball a little bit down the field, because I need to show that I'm doing something here.

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00:26:05.218 --> 00:26:10.600

Ari Tuckman: I've also kind of come to this idea of just making kind of a silly bet, right? So

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00:26:10.600 --> 00:26:35.530

Ari Tuckman: it could be any sort of stupid bet. Just anything that makes it slightly more interesting to do it right? So it could be like, you know, you make a bet with your romantic partner. Okay, if I don't finish the vacuuming by the time you get home from work. I owe you 5 bucks now, obviously, it's all the same money. But, like whatever or if I don't get it done, then you get to pick the show. We watch. And I know

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00:26:35.530 --> 00:26:39.409

Ari Tuckman: you're gonna pick that really annoying show that makes me crazy. But like, okay, fine.

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00:26:39.410 --> 00:26:49.680

Ari Tuckman: right? Nobody's going to die. Nobody's going to lose any fingers, but it's just like a fun thing that just kind of kicks up a little bit more juice to get going on it.

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00:26:51.400 --> 00:26:53.714

Ari Tuckman: So let's put this to work.

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00:26:54.490 --> 00:27:08.860

Ari Tuckman: number one. Notice how soft deadlines just lead to creep right when there's a soft deadline. It's kind of like no deadline right? It rounds down to no deadlines. So what's the final price paid

119

00:27:08.970 --> 00:27:17.799

Ari Tuckman: when deadlines are soft? What actually happens? Or for this task? If I leave the deadline soft. Where does this end up?

120

00:27:19.070 --> 00:27:20.530

Ari Tuckman: Number 2.

121

00:27:20.720 --> 00:27:26.199

Ari Tuckman: Pick some long-term project? Could be something at work might be something in your personal life.

122

00:27:26.460 --> 00:27:32.070

Ari Tuckman: and break out some interim deadlines. I'll get this done by here, this by here, this by here.

123

00:27:33.020 --> 00:27:36.000

Ari Tuckman: How do you motivate yourself to hold to it

124

00:27:36.410 --> 00:27:54.200

Ari Tuckman: right? Maybe on Wednesday at 10. You like. Go to the coffee shop and get yourself some. You know a better coffee than normal, and that's the thing you drink while you're working on it right? Maybe that would be a thing, or whatever else you would take to like. Kick up a little bit more motivation.

125

00:27:55.510 --> 00:28:07.340

Ari Tuckman: And then, finally, I don't know. Write out a list kind of brainstorm with your partner, with a friend, maybe somebody at work. If you got that kind of relationship.

126

00:28:07.540 --> 00:28:19.340

Ari Tuckman: Just kind of like, make up a bunch of these sort of silly bets. Right? What is just some random fun things that you can just sort of use when you need a little bit more motivation to get going.

127

00:28:21.550 --> 00:28:24.232

Ari Tuckman: And then our final section here.

128

00:28:24.870 --> 00:28:43.950

Ari Tuckman: I think it's our final section. I might actually have one more. After this we'll find out together. But in this section we're going to talk about what to do when you're feeling overwhelmed, right? Because life is kind of hard and messy and complicated, and sometimes you just feel overwhelmed, and you don't like you just don't know where to start. So

129

00:28:46.010 --> 00:28:54.719

Ari Tuckman: what happens then is if the task feels like too big, too complicated, too many moving parts.

130

00:28:55.150 --> 00:29:06.386

Ari Tuckman: And you just can't feel like you just can't sort of wrap your brain around it like I can't understand how all these pieces fit together. I can't figure out what I'm supposed to do with it.

131

00:29:07.400 --> 00:29:16.950

Ari Tuckman: Or maybe it's more that it's just kind of vague, as in like, I don't really know what I'm doing here, or it's confusing, or it's just kind of frustrating and complicated.

132

00:29:17.680 --> 00:29:31.490

Ari Tuckman: It becomes a situation where we're sort of cognitively overwhelmed, right? That we can't sort of like understand how this all fits together. But then we begin feeling emotionally overwhelmed. Right? So you start feeling

133

00:29:31.540 --> 00:29:54.590

Ari Tuckman: anxious and frustrated and angry, or you start feeling insecure of like, oh, I should be able to understand this. What's wrong with me that I don't. Everybody else understands it all that kind of like crazy stuff that we tell ourselves so obviously when we're feeling emotionally overwhelmed. We want to get out of there right? This sucks. I want to go away from this.

134

00:29:55.330 --> 00:30:10.350

Ari Tuckman: So the response might be something to sort of bring yourself down right. Take a few deep breaths, sort of focus. What do my feet feel like on the ground? All this sort of mindfulness stuff, right? Maybe that's the way you go.

135

00:30:10.690 --> 00:30:25.689

Ari Tuckman: or maybe you got to burn it off. Maybe that's the way. So, like you drop down, you do some push-ups, or you go for a run, or you just go and run up and down the stairs a few times. Right? Something to activate your body. So then afterwards things come down

136

00:30:26.890 --> 00:30:32.219

Ari Tuckman: once. We've sort of gotten our heart rate down to, you know, double digits and not triple digits.

137

00:30:32.620 --> 00:30:37.580

Ari Tuckman: Okay, let me start figuring this out right. I'm going to start investing the energy.

138

00:30:37.790 --> 00:30:46.630

Ari Tuckman: I'm going to put myself into this. I'm gonna write stuff out. I'm going to circle stuff. I'm going to do whatever I need to do. I'm going to start to figure out like, what is the deal here.

139

00:30:47.430 --> 00:31:10.779

Ari Tuckman: and maybe it's a thing where it's like. Look, I'm not going to figure this out in one sitting, but I'm just going to kind of keep at it, or maybe I'm just going to sit down for a few minutes, and maybe let's see what I can figure out then. But it's just like committing to investing the time to begin to try to wrap your brain around it, or bit by bit, to begin to get it, to sort of make some sense.

140

00:31:12.410 --> 00:31:15.010

Ari Tuckman: So when we don't know where to start.

141

00:31:15.300 --> 00:31:28.640

Ari Tuckman: sometimes the solution is just to start right, that's kind of obvious to say. But sometimes that is what it is right. It's kind of like the way to start running is like you start running but

142

00:31:28.690 --> 00:31:58.049

Ari Tuckman: maybe the the thing that we need to do is maybe we need to go to the person who gave this to us and say, Okay, so help me understand here, like, what are you really looking for? So if someone asks you to sort of put together a presentation or something to say, like, Okay, is this like internal use? Is this just for us to see? It doesn't really matter if there's spelling errors? Or is this like polish for like executives? Or this is for the client or potential client like, how good does this really need to be?

143

00:31:58.540 --> 00:32:10.010

Ari Tuckman: Maybe you pull someone else in. You say, Okay, I got to do this thing like, what do you like? What would you do or like? I'm kind of stuck on this like, what do you think? How? How should I do this? Right. So if you can't figure it out yourself?

144

00:32:10.160 --> 00:32:13.859

Ari Tuckman: Who are your friends and colleagues that you can ask for some advice

145

00:32:15.050 --> 00:32:21.800

Ari Tuckman: sometimes when we're overwhelmed and sort of stuck. It's because we don't really know where to start.

146

00:32:22.420 --> 00:32:51.319

Ari Tuckman: and maybe the reason why you don't know where to start is because there's a lot of places that you could start right. So maybe it doesn't actually remember, it doesn't actually matter where you start right. And the stuckness is because you're looking for that

one clear place to start, and it may not exist right? So start somewhere, start anywhere. If it turns out it was not a great place to start. You'll probably figure that out once you're in it.

147

00:32:51.450 --> 00:33:03.689

Ari Tuckman: Maybe you had to stumble around a bit to figure out like, Oh, wait! This isn't actually the place to start back up. Now, what do I know now? Given what I know what is actually the place to start with this.

148

00:33:04.550 --> 00:33:08.609

Ari Tuckman: and just generally kind of having faith in the process.

149

00:33:08.780 --> 00:33:24.909

Ari Tuckman: If I put myself into this, it'll be initially overwhelming. But then my brain will begin to make sense of things right. It will make connections. It'll start to figure stuff out. Things will like fall into place if I can hang in there long enough.

150

00:33:25.090 --> 00:33:27.759

Ari Tuckman: and just immerse myself in it.

151

00:33:29.590 --> 00:33:46.560

Ari Tuckman: Now, in contrast to starting by starting sometimes the thing to do is to start at the end. Meaning, where does this need to end up? What is the final result? Let me work backwards from there, right? Maybe this is the way to feel less overwhelmed.

152

00:33:46.770 --> 00:33:47.980

Ari Tuckman: So

153

00:33:48.210 --> 00:34:03.380

Ari Tuckman: why am I doing this right? Somebody asked me to do this, or I thought this would be a good idea like, why, why does anybody care about this? Why does it matter? Maybe? What problem am I solving? Maybe that's the question to start with?

154

00:34:05.400 --> 00:34:20.680

Ari Tuckman: you know, or alternatively, on the flip side. If I don't do this thing like, what's the problem? Right? Maybe you need to figure out the problem, and from there. Then you figure out what the the best solution is, but

155

00:34:21.469 --> 00:34:35.609

Ari Tuckman: it may not be that that it's just sort of immediately obvious what your end point is right. Maybe you need to sort of just accept the fact that sometimes we need to invest the time to sort of figure this out.

156

00:34:35.719 --> 00:34:47.799

Ari Tuckman: and that that is part of the job, frankly, might be the biggest and hardest part of the job. Is it just sort of figure out like, why am I doing this? What is the is the point?

157

00:34:49.389 --> 00:34:56.879

Ari Tuckman: maybe you need to sort of break it down a little bit, and maybe there's clear steps of like this happens, and then this and then this.

158

00:34:57.060 --> 00:35:05.257

Ari Tuckman: But maybe you just gotta make your own steps of like. This will be the 1st part. Once I figure that out, I guess. Then I'll go to this

159

00:35:08.050 --> 00:35:18.090

Ari Tuckman: Sometimes, when we feel overwhelmed, it's because the job itself is just too big, right? And the sort of example I always use here is

160

00:35:18.390 --> 00:35:30.609

Ari Tuckman: anytime I need to buy a new computer. It is completely overwhelming in about 20 seconds, because you start looking on websites. And you start like typing in stuff into search. You know the search bar.

161

00:35:30.720 --> 00:35:39.569

Ari Tuckman: And there's like 80 million options. And there's all these brand names. And there's all these specs. And there's all these like this is this, and you're like.

162

00:35:39.670 --> 00:36:02.909

Ari Tuckman: Oh, my God! I don't even know what what any of this stuff means. Do I care like this is 10,000, and that's 9,000. Do I care about like? Does that? 1st of all, I don't even know 10,000. What? But also, do I care that it's 1,000 more of this thing? I don't even know right? Maybe I don't know. Maybe it does matter. Also, maybe it doesn't matter

163

00:36:02.910 --> 00:36:11.689

Ari Tuckman: right? I'm not trying to like cure cancer or get to Mars with my computer. So it doesn't matter that this one is 1,000 less of something.

164

00:36:13.330 --> 00:36:22.590

Ari Tuckman: So maybe then the thing that we need to do is just start making some arbitrary choices right? So when I was looking for my computer. I was like, Okay.

165

00:36:23.020 --> 00:36:40.219

Ari Tuckman: I'm not looking at every website in the universe like, I don't have the time for that. And it's too confusing, anyway. So I picked a couple of websites, and that was it. I picked a couple, you know some things about like operating system and RAM and hard drive, or whatever like click, click, click, click, selected those

166

00:36:40.500 --> 00:36:45.160

Ari Tuckman: all the other stuff. I don't know. It'll fall into place, or.

167

00:36:47.130 --> 00:36:56.333

Ari Tuckman: if you're trying to, you know, assemble a piece of furniture, and, you know, has all these parts and screws and nails, and, like whatever the hell these things are,

168

00:36:57.180 --> 00:37:12.150

Ari Tuckman: rather than holding it all in working memory and trying to make sense of it. Maybe you need to start kind of taking some things out of the equation of like, okay, these are the things I need for step One. I'm only looking like. Don't even look at that other stuff frankly like, put it over there.

169

00:37:12.430 --> 00:37:17.596

Ari Tuckman: Here is what I'm trying to like. This is the only thing I need to figure out.

170

00:37:18.520 --> 00:37:22.080

Ari Tuckman: or if you're looking at directions, and there's just too much

171

00:37:22.220 --> 00:37:36.409

Ari Tuckman: right scribbling notes in the margins. Highlighting stuff, maybe color coding things. All of this makes for less demand on your working memory makes it easier to hold your attention on the thing to be focusing on in this moment.

172

00:37:36.670 --> 00:37:43.340

Ari Tuckman: I'm just ways of sort of reducing the cognitive burden of what you're trying to do

173

00:37:43.900 --> 00:37:54.580

Ari Tuckman: so let's put it to work. Think of a project that started out overwhelming. Right? That initially, you're just like, Oh, my God! I don't know what I'm doing here.

174

00:37:54.730 --> 00:38:00.050

Ari Tuckman: But, as happens right, you're sort of stuck in there. You figured it out.

175

00:38:00.450 --> 00:38:26.110

Ari Tuckman: What are the lessons learned? Right? What do you learn about yourself, about how to approach projects, about how to approach like this kind of a project that you can remind yourself the next time you start getting overwhelmed right? And maybe we write those ideas down so that we have like hard, you know, like hard paper, whatever something that we can be like. There. That is what I need to be thinking about right now.

176

00:38:27.946 --> 00:38:36.679

Ari Tuckman: Identify a current large project that just sort of feels overwhelming. How do you break it into more manageable parts.

177

00:38:36.830 --> 00:38:41.800

Ari Tuckman: Right? How do you sort of find a way to chop it down? So it's a little bit easier to deal with.

178

00:38:42.800 --> 00:38:50.649

Ari Tuckman: and then finally identify how you could externalize information for some sort of an upcoming large project.

179

00:38:50.840 --> 00:39:10.099

Ari Tuckman: So that again, you're not holding it all in working memory. So it becomes completely overwhelming. So it's just sort of an example. I just met with a couple other of the conference co-chairs. We have 350 proposals that people submitted for the conference. You cannot remember 350 proposals. So

180

00:39:10.460 --> 00:39:32.519

Ari Tuckman: the research posters pulled those out. The Peer Supports group pulled those out lots of color, coding lots of sorting. Sort them by this sort, them by that right? So there's less that we had to hold in our minds. And then it became a manageable amount of information. So how do you sort of break this down in a way that reduces the cognitive demands

181

00:39:35.160 --> 00:39:45.020

Ari Tuckman: bonus? I said before, I didn't know if we had another one turns out we do so. Here's our 4th section, which is kind of dealing with ambiguity as in like.

182

00:39:45.560 --> 00:39:49.810

Ari Tuckman: Wait! What am I doing here? How's this supposed to be like? What's the deal with this?

183

00:39:49.820 --> 00:40:15.050

Ari Tuckman: So as much as Adhd can drive procrastination and as much as anxiety in general can drive procrastination, ambiguity can definitely drive procrastination and ambiguity could be things like, wait, what am I doing here? It might be more like, how does this wait? How does this need to be done like, what am I like? How am I supposed to work on this.

184

00:40:15.050 --> 00:40:37.049

Ari Tuckman: or why are we doing this? Wait? Why did the boss ask us to do this? I don't understand what the point is. Or you don't know when it needs to be done by, or how long should it take? So again, like, is this like a 15 min? Just bang it out. Internal use kind of a document? Or is this like, spend a few hours really make it good because the client is gonna see this?

185

00:40:38.720 --> 00:40:55.340

Ari Tuckman: it can be uncomfortable to not know, because within the not within the unknown is, maybe, you know, terrible things are hiding as in like. Here's a thing you didn't know. And now it's going to get you into trouble.

186

00:40:55.770 --> 00:41:10.969

Ari Tuckman: especially if you have a history of I don't know, not paying attention and missing things that got said, forgetting important details, not keeping track of stuff. So maybe it's 1 of those situations where it's like.

187

00:41:11.420 --> 00:41:23.260

Ari Tuckman: I think some people know what needs to be done. But I think I might have missed it in the meeting, and I don't want to ask about it, because if I ask about it, then the boss is gonna know I wasn't paying attention to the meeting.

188

00:41:23.730 --> 00:41:27.699

Ari Tuckman: so maybe inspiration will strike, and somehow I'll find out.

189

00:41:28.180 --> 00:41:29.130

Ari Tuckman: I'm

190

00:41:30.030 --> 00:41:42.730

Ari Tuckman: now in these cases the thing you need to do is to just somehow figure out what's going on. And sometimes the 1st job is to just figure out what the job is.

191

00:41:43.040 --> 00:41:56.689

Ari Tuckman: and that might mean investing the cognitive effort to find out as in like, let me really kind of think about this. Let me clarify it. Let me look through my emails or let's see if I took some notes. Maybe that'll tell me something.

192

00:41:57.280 --> 00:42:06.330

Ari Tuckman: but it might also be investing the emotional effort right to sort of tolerate the discomfort of this feels really uncomfortable. I really kind of hate this

193

00:42:08.100 --> 00:42:16.720

Ari Tuckman: also. I just need to figure this out. So I'm going to go towards this, even though it makes me uncomfortable, right? So that might mean

194

00:42:17.020 --> 00:42:30.549

Ari Tuckman: I need to go talk to my boss and just find out what they want from me. Right? Maybe that's the thing, even though I feel kind of nervous about it. Also, what I know is, if I don't figure it out, it's just going to be worse. So like biting the bullet. Here we go.

195

00:42:32.790 --> 00:42:59.219

Ari Tuckman: in terms of like. Why would we suffer through? You know there's the tangible benefits if I put together a good, you know document, for you know, outlining our procedure for whatever this thing is, maybe the boss is going to be happy with me. Maybe I'll start getting some better assignments right tangible benefits. But maybe it's a bit more intangible in the sense of you know what

196

00:42:59.240 --> 00:43:27.509

Ari Tuckman: that thing was kind of a mess, or I was really kind of like at a loss like I really did not know what to do, but I I kind of hung in there like I did the thing. Anyway. I, you know, went through the discomfort, and I figured it out like I feel good about myself for having done that right like definitely like Pat on the back for that. So what are the tangible and intangible motivators? How do you talk yourself into

197

00:43:27.570 --> 00:43:31.449

Ari Tuckman: working on this thing, even though it makes you uncomfortable.

198

00:43:34.610 --> 00:43:37.721

Ari Tuckman: You know. Do ask, do tell

199

00:43:38.520 --> 00:44:05.690

Ari Tuckman: sometimes. It's, you know, like I'm all in favor of kind of working hard, and Diy and all that right? So maybe the thing is, you just need to figure out how to do it yourself. But also sometimes you can waste a lot of time figuring it out so wasting an hour, going through old emails and trying to figure it out versus taking 2 min to just ask somebody or send a quick email. Remind me again, what are we doing with this and

200

00:44:05.810 --> 00:44:26.363

Ari Tuckman: reminding yourself that as great as it is to not have to ask. Also, if you get it wrong, if you give them something that's not what they wanted. It's not what we talked about like this whole thing of they. They will never know why it wasn't paying attention in the meeting. That kind of gets outed pretty quickly. So

201

00:44:28.030 --> 00:44:31.292

Ari Tuckman: So when we need to figure it out.

202

00:44:31.840 --> 00:44:57.069

Ari Tuckman: again, back to this idea like, have faith in the process. If I stick in there, if I do, a few of a few of the right things right? If I talk to someone, or if I take the time of like, let me go through my emails. Let me see copy paste. Okay, here is a thing, they said, or it has to have that. Okay, definitely, we're going to put that we're going to make that bright yellow like definitely need to remember that. Okay, let's look through

203

00:44:57.780 --> 00:45:00.449

Ari Tuckman: If you just sort of invest the time

204

00:45:00.570 --> 00:45:06.089

Ari Tuckman: that ambiguity tends to sort of crystallize down into something or like, Okay.

205

00:45:06.350 --> 00:45:13.190

Ari Tuckman: now, I've got a plan right? And maybe you then take that that. Here's all the stuff I found in my emails.

206

00:45:13.570 --> 00:45:21.732

Ari Tuckman: Just to be sure, let me kind of run this by one of my colleagues. Here's my understanding. What we're doing is that like, did I get it all, did I miss anything?

207

00:45:22.250 --> 00:45:29.239

Ari Tuckman: but to just sort of accept the fact that that might be the hard part of the job is just figuring out what the job is.

208

00:45:30.860 --> 00:45:32.600

Ari Tuckman: So let's put this to work.

209

00:45:34.060 --> 00:45:41.089

Ari Tuckman: Identify what feelings or insecurities ambiguity brings up for you.

210

00:45:41.240 --> 00:45:43.369

Ari Tuckman: Right? So do you feel

211

00:45:44.110 --> 00:46:10.300

Ari Tuckman: guilty that you don't know, or like guilty about having to ask anyone and imposing on them. Do you worry that people are going to think you're stupid because you know you should know this. Are you worried that people are going to think that I don't know you're not a good team player, or that you don't really care about other people right like, what are those like? Negative thoughts that bang around in your head? That sort of pop up

212

00:46:10.460 --> 00:46:15.499

Ari Tuckman: when you're in a situation of oh, crap! I don't know what to do here.

213

00:46:16.092 --> 00:46:26.660

Ari Tuckman: So what are the thoughts and feelings that come up? And then how do you respond? Right? What is the behavior? What do you do with those thoughts and feelings?

214

00:46:26.870 --> 00:46:41.299

Ari Tuckman: Are they helpful responses, or are they maybe not helpful? Right? So you're feeling insecure? But rather than sort of biting the bullet on it, you go and you work over here like I'm going to work on this thing, this thing. I know what to do with

215

00:46:41.670 --> 00:46:58.080

Ari Tuckman: great that's good to get done. But also this is really the thing that you should be working on. So how do you tend to respond. And how else could you respond? Right? Sort of feel the pull of like this I know what to do with. I'd rather work on that.

216

00:46:58.820 --> 00:47:11.820

Ari Tuckman: And also, I'm not gonna because that's really not the thing I need to be doing like, I need to figure out what to do with this. So who can I go? Talk to? What can I tell myself? To not feel self-conscious about asking somebody else?

217

00:47:14.190 --> 00:47:27.570

Ari Tuckman: Number 2, create a list of things to tell yourself when you're tempted to avoid clarifying ambiguity right when the process of of slogging through that ambiguity makes you want to run the other way.

218

00:47:28.420 --> 00:47:35.320

Ari Tuckman: What what can you tell yourself? To keep your head in the game, to stay motivated, to stay psyched up enough

219

00:47:35.480 --> 00:47:37.760

Ari Tuckman: to keep moving things along.

220

00:47:38.750 --> 00:48:02.970

Ari Tuckman: and then finally identify one task that you got going now, or a project, or something where part of what's holding you back is some ambiguity, some sense of like I don't know what to do with this. I don't know how to do it. I don't know where it's supposed to end up. I don't know how much time to spend. I don't know who to do it with whatever there's some questions I have that I

221

00:48:03.010 --> 00:48:20.170

Ari Tuckman: don't know the answer to, and it's making me uncomfortable. So what is one next step I can take? What is one thing I can do that's going to start moving this ball down the field that's going to start the wheels turning and get something going here.

222

00:48:22.690 --> 00:48:23.770

Ari Tuckman: So

223

00:48:24.000 --> 00:48:36.919

Ari Tuckman: here's my big advice, especially when we feel stuck, especially when we have bad days, is just keep showing up a lot of productivity is just about showing up the next time.

224

00:48:37.000 --> 00:48:59.530

Ari Tuckman: and whether yesterday was a terrible day. Where you got nothing done or yesterday was an amazing day where you got a ton of stuff done. Here I am now like in this moment. What is the next good thing I can do right, so that will rescue bad situations and it will keep the motivation going in good situations.

225

00:49:00.540 --> 00:49:29.120

Ari Tuckman: And then finally, my website, adultadhdbook.com. I've got a bunch of information there, including information on my brand new book. This is like, literally 2 weeks old Adhd Productivity Manual. I'm really psyched about it. This presentation today came out of that, and I have a whole bunch of other chapters and material there. Audiobook is hopefully coming out next week. So just final edits are being done on that. So

226

00:49:29.418 --> 00:49:35.690

Ari Tuckman: but let me go ahead and stop the share, and let's let's do some discussion. And Q&A here.

227

00:49:37.040 --> 00:49:39.019

Ari Tuckman: So, Sarah, what do we got.

228

00:49:39.020 --> 00:49:43.900

CHADD: Awesome Ari. Thank you so much for the presentation. I think. I definitely got a lot out of it.

229

00:49:44.300 --> 00:49:52.049

CHADD: Everybody. If you have questions for Ari. Please drop them into the chat because we do have 10 min.

230

00:49:52.390 --> 00:49:53.900

CHADD: So we have

231

00:49:54.120 --> 00:50:01.809

CHADD: a lot of requests for the transcripts. So yes, please, if you want the transcripts and put your email in there, and I will make sure that you get it.

232

00:50:06.640 --> 00:50:14.030

CHADD: Oh, let's see, all right. What about people who will make the claim that they can't remember to check their list of things.

233

00:50:14.820 --> 00:50:18.410

Ari Tuckman: Right? Yeah, that's a nice thought.

234

00:50:21.680 --> 00:50:31.349

Ari Tuckman: I've got a couple of thoughts on that. I think one thought is, if you can't remember it then maybe the simple answer is to just

235

00:50:31.450 --> 00:50:52.600

Ari Tuckman: set some reminders to make it a habit of. I'm always going to check my list 1st thing. Maybe you need to put your list in a place that it's sort of like oh, there it is, right as opposed to like, out of sight, out of mind. So maybe some of it is that to make the list stand out a little bit more. But

236

00:50:52.930 --> 00:51:03.209

Ari Tuckman: there's also kind of the more psychological part, the more emotional part, the more the part that's really much more about motivation in the sense of

237

00:51:03.310 --> 00:51:14.979

Ari Tuckman: do I want to look at the list, but by which I mean, of course you don't. But like, am I willing to look at it like? Is it helpful to me? Do I feel like it? Makes my life better.

238

00:51:14.990 --> 00:51:44.150

Ari Tuckman: or does it just stress me out? And I'd rather like sort of pretend I don't see it right. So maybe there's more sort of thinking about or discussing with someone like, what is it about my list that stresses me out so much? How do I talk myself out of going and looking at my list. And then how do I feel about it afterwards? Especially after I get burned on

something? And is it better to just sort of bite the bullet in the moment. Take a look at my list.

239

00:51:44.370 --> 00:51:46.979

Ari Tuckman: How does? How is my life better when I do

240

00:51:47.090 --> 00:52:04.079

Ari Tuckman: right, and that, I think, is a big, important part. So it's not just about avoiding the problems that come from not looking at your list, but also reminding yourself, like, what are the benefits. It kind of sucks in the doing. But how does my life get better once? I've actually, you know, if I make a habit of looking at it.

241

00:52:06.020 --> 00:52:10.580

CHADD: All right. Let's see.

242

00:52:12.020 --> 00:52:19.739

CHADD: do you break your list of tasks into priorities? I'm not sure how to best manage the list. Sometimes they feel more overwhelming.

243

00:52:20.610 --> 00:52:21.340

Ari Tuckman: Yeah.

244

00:52:21.710 --> 00:52:30.709

Ari Tuckman: I mean using a to-do list like, there's a lot that goes into using a to-do list. So if you've struggled with a to do list. This is why

245

00:52:31.490 --> 00:52:44.779

Ari Tuckman: I mean, part of the thing about a to do list is it's a dynamic document meaning things get written down, things get completed and checked off, but also sometimes things get crossed off undone

246

00:52:44.960 --> 00:52:57.150

Ari Tuckman: in the sense of I will never get to this and ain't gonna happen off it goes right. And that can be hard to admit sometimes right? Because it feels like admitting failure.

247

00:52:57.640 --> 00:53:12.539

Ari Tuckman: but maybe instead, see it as I'm making a strategic decision that this is not a task that task that I will get to. I'm taking it off the list because I want to be able to see the things that I'm actually going to have time to work on

248

00:53:12.750 --> 00:53:14.219

Ari Tuckman: right. So

249

00:53:14.330 --> 00:53:33.649

Ari Tuckman: trimming down your list is part of having a list. There's also the question from the get go of, does this even deserve to go on the list? Right? Is this like a nice idea, or is this like really a worthwhile idea. But to answer that takes actually stopping and thinking about it, of like.

250

00:53:33.940 --> 00:53:47.049

Ari Tuckman: how good an idea is this! How much time do I have? What's the return on investment? If I do wind up doing this, is it actually going to be worth it? Because not every nice idea is actually worth it.

251

00:53:47.190 --> 00:54:04.399

Ari Tuckman: You might also wind up having a couple different lists one might be. Here's the list I'm working off of, and one might be. Here's a list of nice ideas that I don't want to throw away. But also, probably I'm not going to get to today, or maybe this week, or maybe this month. So I'm just going to put those ideas over here

252

00:54:04.570 --> 00:54:11.650

Ari Tuckman: right? So maybe you got a couple different lists that you use. So it's less stressful when you look at your working list.

253

00:54:13.280 --> 00:54:13.830

CHADD: Okay.

254

00:54:14.290 --> 00:54:24.660

CHADD: what advice would you give to someone who prefers to get a lot of clarity from a manager at work to help them break things down or understand what they want. But then the manager starts to get really frustrated.

255

00:54:25.460 --> 00:54:26.120

Ari Tuckman: Yeah.

256

00:54:26.830 --> 00:54:30.639

Ari Tuckman: And this is definitely a situation that can happen. So

257

00:54:31.670 --> 00:54:35.880

Ari Tuckman: the advice I would give to the employee in this case is

258

00:54:36.210 --> 00:55:02.059

Ari Tuckman: to make it clear to your manager how investing a little bit of time in these meetings is going to make you a more effective employee. In other words, you're going to do a better job at getting done the things that your manager wants you to do, if it feels like a good return on investment, as in like, well, we check in for 10 or 15 min, and then you're like, really, you know, doing a good job on the rest that might feel worth it.

259

00:55:02.240 --> 00:55:24.310

Ari Tuckman: If it feels like your manager is working too hard at your productivity, they may feel like you're not an employee worth keeping, so you need to show them that you're

working hard at it. You need to not be, too. You need to be kind of considerate of their time, but also to recognize that this is a thing that's going to help you be more effective.

260

00:55:24.350 --> 00:55:41.577

Ari Tuckman: If your manager continues to have a negative impression of it, it might be. You're better off talking to somebody else about that stuff. It might also be. And I'm slightly hesitant to say this. It might be. This is not a good. You're not a good fit for this manager, and they're not a good fit for you.

261

00:55:42.150 --> 00:56:03.699

Ari Tuckman: changing jobs or transferring departments is definitely not easy. But also, sometimes it's just not going to be a good situation, and it's way better to decide to leave on your timing than it is to start getting written up and put on a performance plan. So sometimes it's just you need to sort of accept the reality of your situation. Unfortunately.

262

00:56:05.870 --> 00:56:14.399

CHADD: I like the start by starting, but sometimes that seems too much, and I feel paralyzed by fear. Maybe. Is there any advice to even start and get over that hump.

263

00:56:16.760 --> 00:56:38.360

Ari Tuckman: I think in that case, then, to sort of acknowledge the fact that I like, I feel fearful. This really kind of stresses me out, or I'm worried about what's going to happen right? And that that's okay, like, we have feelings about things. But then also, let's take a moment what exactly is going through like what are my feelings? What am I feeling here?

264

00:56:38.570 --> 00:56:42.090

Ari Tuckman: And to kind of make a point of

265

00:56:42.518 --> 00:56:49.729

Ari Tuckman: I don't know. To really kind of reality. Test it, you know. Like, if I if a friend of mine was telling me this stuff.

266

00:56:49.900 --> 00:57:13.749

Ari Tuckman: would I say, Oh, yeah, you're right. No, I think you're yep, yeah, I do think your boss hates you. And they're gonna everyone's gonna laugh at you in the meeting. And it probably that's what's going to happen, or will you say no? What are you kidding me? Of course not. That's not what's going to happen. You know what you're doing here, or if I had to prove this in court, do I have any good evidence to say, your honor? I rest my case. That is why everyone will laugh at me at the meeting.

267

00:57:13.750 --> 00:57:26.610

Ari Tuckman: or is your evidence kind of weak? Right? So it's kind of like cognitive behavioral therapy on yourself in a way of like you know? What is my evidence? Is that? How likely is it to happen

268

00:57:26.760 --> 00:57:43.859

Ari Tuckman: if I am concerned? What can I do to prepare right if I feel unprepared, and that's making me anxious. How can I be more prepared? And or what is one piece of it that I can maybe kind of start. So it looks a little bit more interesting.

269

00:57:46.080 --> 00:57:50.580

CHADD: Do you have any advice for people who don't want to use any digital or physical reminders.

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00:57:53.430 --> 00:57:56.360

Ari Tuckman: Good luck, I think, is that my advice?

271

00:57:56.520 --> 00:58:12.200

Ari Tuckman: So the line I use, and not only with sort of 15 year old boys, is, if you can remember inside your head everything you have going on in your life, then you don't have enough going on in your life

272

00:58:12.500 --> 00:58:21.719

Ari Tuckman: right? Like you want to have a life that is big enough and interesting enough, with enough moving parts that you can't just hold it all up here. So

273

00:58:21.930 --> 00:58:46.770

Ari Tuckman: one of the sort of costs of doing business is. If you want to live an interesting life where you're not messing up timing and people mad at you for not showing up. You got to use some sort of a way of tracking it, and maybe some sort of alarms and reminders. Now, you don't have to. I guess if you're okay with missing things and people being mad at you, then don't write down anything. But that may not be your best option.

274

00:58:46.770 --> 00:59:01.269

Ari Tuckman: I think also for some people there's a worry of. If I set too many alarms and reminders. If I have to write things down, it means people are going to think I have a bad memory or something right. There's a self-consciousness about it.

275

00:59:01.290 --> 00:59:10.810

Ari Tuckman: and I do get it. But it's way better to be thought of as that person who writes everything down than to be thought of. That person who often misses stuff.

276

00:59:12.750 --> 00:59:17.440

CHADD: Do you have any suggestions to get adult children to?

277

00:59:18.035 --> 00:59:24.749

CHADD: Watch webinars about productivity, or read books because they don't want to hear it from their parent.

278

00:59:25.060 --> 00:59:30.800

Ari Tuckman: Yes, and that is totally a thing right? That I mean the job of of

279

00:59:30.920 --> 00:59:37.921

Ari Tuckman: adolescence and young adulthood is to create your own independence, you know, like, that's what you're trying to do.

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00:59:38.360 --> 01:00:07.739

Ari Tuckman: But the result of it is, you don't want to hear it from your parents, and it is really hard to be the parent of a young adult where you can see where things like. I know where this story ends like, I've seen this movie before with you. I know how this is going to go, or just like I'm an adult. And I know how the world works. You seem to be optimistic or have a different idea. And I don't see this working out well. So we care a lot. But we have very little power to make things happen. So

281

01:00:07.820 --> 01:00:31.529

Ari Tuckman: some of this is letting some natural consequences happen definitely. Some of it is picking your battles and focusing on the things that really matter the most. But I think other than that it's trying to approach your young adult from the perspective of I understand that this is your life, and you're going to make your own choices. I'm not telling you what to do, because I can't.

282

01:00:31.720 --> 01:00:43.050

Ari Tuckman: but I just. I would like you to listen, because I just want to share some thoughts. Here are some concerns I have about the way you're doing it, and these might be some things that you're going to want to be thinking about.

283

01:00:43.290 --> 01:00:55.130

Ari Tuckman: and then you try to back off in terms of like videos or books, or whatever you could certainly suggest them, and say, I think these would be really helpful. See what you think.

284

01:00:55.130 --> 01:01:21.950

Ari Tuckman: And it might be a thing to not be, whatever. But, Frankie, you might have to bribe them right. I'm not about bribing. I think that's okay. Sometimes of like, you know. If you watch this I'll take you out to dinner, you know, like we'll go out to dinner, or we'll go wherever you want, or whatever right. Don't buy them a car, but you know something reasonable, and you know, see what they think it may not be that they're like, Oh, my God, mom, you've changed my life. This was revolutionary.

285

01:01:22.300 --> 01:01:30.219

Ari Tuckman: Just let it sort of, you know, echo around in their head a little bit, and it may sort of pop up in their behavior somewhere.

286

01:01:30.950 --> 01:01:37.390

CHADD: Okay, so we are at 3, 0, 1. Ari, do you have a couple of minutes to address questions, or else we can just email these.

287

01:01:37.390 --> 01:01:39.989

Ari Tuckman: Yeah, I've got a couple more. We can do a couple of minutes.

288

01:01:40.460 --> 01:01:56.929

CHADD: So here's 1. i used to be a very productive individual. A few major quote unquote failures that were work and personal took my trajectory on a downward trend. How do I begin to recover? And, for example, find work again.

289

01:01:57.480 --> 01:01:58.440

Ari Tuckman: Yeah,

290

01:01:59.900 --> 01:02:10.480

Ari Tuckman: so part of this is the internal work you do yourselves. Part of. This is how you present this to the world. So the internal work is to figure out for yourself, like what happened here.

291

01:02:10.720 --> 01:02:34.450

Ari Tuckman: what? What was making me successful like? How was I successful because of my strengths, and despite my struggles. And then what changed right so for you to be able to understand what happened so that you feel like you have a sense of control over what's going to happen next. Right? So that's the 1st part is to sort of understand this within yourself.

292

01:02:34.490 --> 01:02:42.729

Ari Tuckman: The next part is, if you're going to convince somebody else to hire you. You need an explanation for this that makes sense

293

01:02:42.900 --> 01:02:43.930

Ari Tuckman: right?

294

01:02:44.000 --> 01:03:04.129

Ari Tuckman: That hopefully is not blaming a bunch of jerks for being jerks right? That will not get you hired. But rather, you know, here are some things that happened at the time. Maybe I didn't realize this. But here's now what I understand, because that is what's going to make me a better employee for you.

295

01:03:04.160 --> 01:03:15.230

Ari Tuckman: Right like that's the key, is. It's not that you had struggles in the past. It's that you have learned from it, and will be a good employee to this next person who will hopefully hire you.

296

01:03:17.110 --> 01:03:17.640

CHADD: Okay.

297

01:03:17.760 --> 01:03:28.699

CHADD: this person is looking for advice, for studying in college, for a class that requires daily study to keep up the class is meant to weed out people, so it's very demotivating for them.

298

01:03:29.710 --> 01:03:33.259

Ari Tuckman: Yeah. Okay. So 1st thing is like you're on to them.

299

01:03:33.670 --> 01:03:50.789

Ari Tuckman: This is supposed to weed you out. It's supposed to demotivate you. That is the point of the class. So you know this to be true. Don't give into it. Don't don't let yourself become a number in this class. Right? Use your oppositionality for good.

300

01:03:50.980 --> 01:04:02.649

Ari Tuckman: Also accept the fact that this is the deal with this class. Right like this, is a class that requires every day going through the material, practicing it, staying on top of it.

301

01:04:02.920 --> 01:04:10.210

Ari Tuckman: Do not lie to yourself that you can start skipping days, because that is where it begins to fall apart.

302

01:04:10.870 --> 01:04:12.070

Ari Tuckman: So

303

01:04:12.180 --> 01:04:17.800

Ari Tuckman: accept the fact that it's going to take work. But remind yourself of what's the good stuff on the other side?

304

01:04:17.850 --> 01:04:41.639

Ari Tuckman: This sucks. This might be bogus and ridiculous. But what does it get me if I can get through this right? So remind yourself of the better classes to come, or why the major is interesting, or what are the jobs that you're going to get, and the cool career opportunities right? Hold on to that excitement as the thing to slog through this stupid thing you're doing right now.

305

01:04:41.640 --> 01:04:52.139

Ari Tuckman: and that, I would say, just make a part of your routine right on Monday, Wednesday, Friday, when I get out of this class. I go to the library and do this, or on Tuesday, Thursday.

306

01:04:52.140 --> 01:05:11.709

Ari Tuckman: after lunch. This is the thing I go. Do right that use an existing transition, one class out of class, and done, or finishing lunch, or after swim practice, or whatever like. Then this is the thing when I'm already in motion. This is the thing that I go. Do

307

01:05:11.760 --> 01:05:32.440

Ari Tuckman: right and use that. And it's just like a no matter what, every day. This is the thing I do, and if you do best, studying on your own, do that, go to the place that you study best, or if you study best with other people, then find some good people to study with, but just no matter what, unless you're throwing up, this is the thing you do.

308

01:05:34.187 --> 01:05:38.070

CHADD: How do you handle fear of contacting someone to help you in your profession?

309

01:05:39.337 --> 01:06:04.350

Ari Tuckman: Except the fact that people who are successful have people who help them right like this is my 5th book. I've written a lot. I sent this thing out to like 10 friends of mine to give honest feedback, and it is a way better book because of it. Right? Like we all depend on other people. If you try to do everything yourself, you're not going to be as good at it as if you, you know, get good ideas from other people.