



**THE MAGIC**

*Timer Method*

# Using the Magic Timer Method

The Magic Timer Method is something I started implementing a little over a year ago in my routines and holy moly did it explode my productivity.

This method is simple but POWERFUL.

## Part One: Motivation Timers

Have you ever sat on your couch and just thought GAH I don't want to do the dishes. I don't want to clean. I just want to sit here.

Yep. Me too.

This is a GREAT opportunity to pull out a motivation timer.

Set your timer for a small amount of time. I usually do 15 minutes.

You are ONLY required to do anything for 15 minutes and then you can go right back to sitting on the couch.

You do not have to finish. Stop when your timer stops!

This will help you beat the overwhelm that comes with trying to tackle ALL the things and just take it in bite sized pieces.

I know some of you may be yelling in your heads, but why not just finish it??

Chances are with smaller tasks you WILL finish. But if you don't it is OK!

Motivation Timers are all about getting a few things done in a short amount of time so you can have less to do later.

Yes, you will finish it at some point. Just don't feel pressured to finish unless you really want to keep going.

I try to do 15 minute timers twice a day for a quick clean. I make everyone get involved and we try to make it fun!

With my smaller kids we make it about being a race to beat the clock. They LOVE this.

For adults or older kids this can work too, we also like to throw on music we can all get excited to and turn it up pretty loud.

It's energizing and let's us get at least a bit done as we are going about our day.

If you are motivated enough to keep going and you have the time then go for it!

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## Part Two: Timers for Task Tracking

Another powerful part of the Magic Timer Method is to track the tasks you regularly do so you can schedule your day with various timers that will actually work for you.

It's an eye opening experience when you realize that a ton of your tasks may not actually take that long.

A real life example from my experience is dishes. I HATED dishes.

But once I realized they actually only took 5-10 minutes to complete I realized a ton of stress would be taken out of my day if I just did it.

So I know with one 15 minute timer I can probably knock out the dishes and get one more thing off my mind.

It makes them much easier to tackle and eventually became a habit that I don't mind doing at all.

Yes friends. I got to the point where I enjoy doing my dishes.

THE HORROR.

Knowing how long a task takes helps you in so many ways.

- You can plan each day better because you know how much you can actually accomplish.
- You can use any spare time you find to actually complete a task that is hanging around still.
- You will feel more motivated to get things done because you know you will be done in X minutes. It gives you SO much peace of mind!

Follow the instructions and use the worksheet below to start tracking your times and using timers to get more done!

# Let's do this!



1

Make a list of the normal tasks you want to do every week, day, and month!

This can be anything from cleaning, to work, to working out.

Time every single task you do and fill it in as you go! If you have little ones or pauses while you are doing it attempt to stop your timer so you get a true representation of how much time something actually takes.

2



3

Review your list and be amazed at how little time some things take! Or even how long others might take.

Use this knowledge to better schedule your days and motivate yourself along the way.



