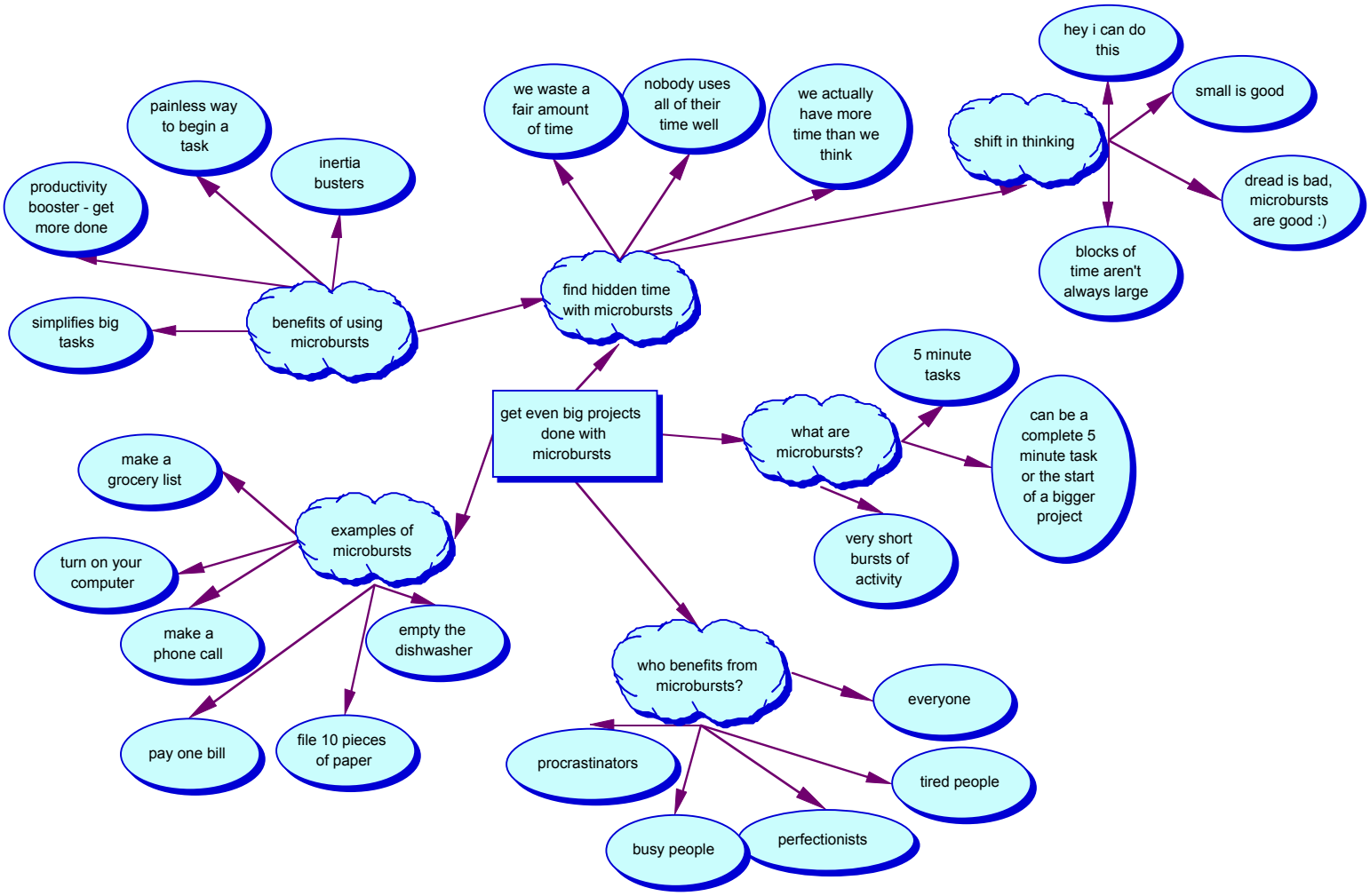
get even big projects done with microbursts
find hidden time with microbursts
we waste a fair amount of time
nobody uses all of their time well
we actually have more time than we think
shift in thinking
hey i can do this
small is good
dread is bad, microbursts are good :)
blocks of time aren't always large
benefits of using microbursts
painless way to begin a task
inertia busters
productivity booster - get more done
simplifies big tasks
what are microbursts?
5 minute tasks
can be a complete 5 minute task or the start of a bigger project
very short bursts of activity
examples of microbursts
make a grocery list
turn on your computer
make a phone call
empty the dishwasher
pay one bill
file 10 pieces of paper
who benefits from microbursts?
everyone
tired people
perfectionists
busy people
procrastinators