

Pick & Plug-In.

There was a reason I had you assign an approximate time to complete each microtask. Think back to the "film a video" example. The microtasks involved do not necessarily need to be completed in order. Once you know what you'll be filming, you can create social media posts, captions, and titles before you even film a single frame.

Therefore, you can now consider your rhythm and blocks of time together with what needs to get done each day towards your goals. No longer will you put "film a video" on your calendar, but rather sprinkle the microtasks onto your calendar where you see holes of free time, based on the time you assigned to complete each task. Make sense?

Keep in mind, it's all about priorities.

There WILL come times when a deadline is looming and certain blocks of time will need to be dedicated to the tasks at hand, disrupting your ideal rhythm. That's ok. The goal is to make that the exception, not the norm. Understand?

Begin taking what's on your list & finding time in your schedule to plug it in.

****PAUSE AUDIO NOW***

So how'd you do? Know that you'll likely need to reassess as you go, especially if you've never attempted to structure your daily tasks in this way. Keep an open mind and stay aware of how you are feeling, and what could be tripping you up.

Should you feel stuck or confused about anything explained here today, email rock@therockstaradvocate.com and we will get you back on track. If you need any additional help know that I am always here.

If you are looking for a larger community of support, be sure to drop in and say hi in our Facebook Group, The Rock/Star Collective.