The Time Management Technique:

The 10-Minute Rule

The main idea

You tell yourself you'll work on a task for 10 minutes. After the 10 minutes are up, you determine whether you'll stop or keep going.

How it works?

1. Select a task
2. Start working on it immediately
3. After ten minutes have passed, reflect on your focus and patience: do you want to stop working on the task, or do you wish to continue for 10 minutes more?
4. Work for 10-minute time periods until you want to stop working on this task for the day

Why it works?

1. It puts you in motion
2. It focuses on the output, not the outcome
3. It magnifies the simplicity of a task

magnify - [ˈmæɡnɪfaɪ] - увеличивать

simplicity - [sɪmˈplɪsɪtɪ] - простота

Talk Yourself Into Getting Started

" I'll try it for 10 minutes."