

## **Lesson 4: Ideal Time vs. Idealized Time**

### **(Video Transcript)**

Hi and welcome to another time to change video by The Practical Disciple. My name is John Arnold and today we are going to talk about ideal time versus idealized time. Now, before we do that I just want to review. If you followed the other videos then right now you are creating a '5 before 11' list the day before. You are schedule everything on that task list plus some margin in your day and you are putting those 5 before 11 obviously on the front end of the day. You are working hard to limit interruptions. Those tips alone should pump up your productivity, if you just stick to them day after day after day.

That's half of the struggle...you have to be consistent and you have to be persistent every day on doing these things. Your effort adds up tremendously. Your behavior will shift and before you know it, these things will just be how you do things. You won't have to think about it. It won't be so awkward.

Okay, getting to ideal versus idealized time. I recognized a few years ago that I had a tendency to do things on ideal time. This is what I mean by that. Like if I had to get the kids to school by 8:05 a.m....if I made it from the house to the school in six minutes then that meant, "Well, it only take six minutes to get to the school." Now, the reality is, it normally took probably ten minutes to get there, but one time I made it in six minutes. So, it could be done. So, I reset my head to, "Well, I just need six minutes to get there." And we would find ourselves scrambling and inevitably late needlessly and I realized I was living on what I called idealized time not ideal time.

Some of you may recognize this pattern. I know one woman who when I was talking about this with her she said she sets her clock in the car five minutes ahead, but nevertheless, every time she gets in she is mentally subtracting the five minutes to see if she is going to make it somewhere on time. That is when you are addictively living on idealized time. What I want to encourage you to do today is...I want you to pad any transition you have with at least five minutes. Going to work in the morning give yourself an extra five minutes. Get up an extra five minutes early.

If you have a project or task I want you to seriously look at it and say, “Can I realistically do it in the amount of time I have given it and do it well? Not just pull it off, but do it well? Or do I need more time for that? What would be the ideal amount of time? Not some idealized time. Because what happens is...if you don’t take time to consider this then you give things only a portion of the effort they really need. It reminds me of what a friend once said to me, “If you don’t have time to do it right now, when are you going to have time to fix it later?” I am starting to learn the wisdom of those words by planning on ideal time and not living in idealized time.

Okay, well that is your tip for today. Live in ideal time, not idealized time. Practically speaking the way that you are going to do that is you are going to add time to your transitions. You know... five minutes here or there just to make sure you can get to things on time or early and I want you to look at your Big Five and see if you are leaving what is a realistic time to do those things in and not giving it a half hearted effort, but are you setting aside an adequate chunk, an ideal chunk of time, to give it the effort you should give it so that you can do it excellently. I look forward to seeing you in the next video.