Feed the Instant Gratification Monkey

Strategies for making time when you think you have none, using multitasking, and staying healthy in the midst of chaos. Smart scheduling to avoid burnout, meal-prep and exercise strategies, discovering your best work style

Tara Benesch
MS ‘17 MD ‘19
Step 1: Feed the Monkey!

• What gives you life?
  – Type of activity: quiet vs. loud
  – Time frame: 2 min vs. 2 hrs vs. 2 days

<table>
<thead>
<tr>
<th></th>
<th>2min</th>
<th>2hrs</th>
<th>2days</th>
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<tbody>
<tr>
<td>Quiet</td>
<td>Meditation</td>
<td>Movie</td>
<td>Staycation TV marathon</td>
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<tr>
<td></td>
<td>Music</td>
<td>Cooking</td>
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<td>Loud</td>
<td>Dance break!</td>
<td>Exercise</td>
<td>Weekend with friends Bar/Club</td>
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<td></td>
<td>Chat w/coworkers</td>
<td>Call friend</td>
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<tr>
<td>Time</td>
<td>Activity</td>
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<tr>
<td>9 – 12p</td>
<td>PBL</td>
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<tr>
<td>9 – 12p</td>
<td>Sketchy Micro &amp; Laundry</td>
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<tr>
<td>12p – 2p</td>
<td>Lunch with S</td>
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<tr>
<td>12p – 2p</td>
<td>Crossfit</td>
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<tr>
<td>2p – 5:30p</td>
<td>Study in Library</td>
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<tr>
<td>2p – 3p</td>
<td>Team lunch</td>
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<td>3p – 5:30p</td>
<td>Work on Masters</td>
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<td>5:30p – 7:30p</td>
<td>OKC</td>
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<td>5:30p – 8:30p</td>
<td>Groceries &amp; Cooking for week</td>
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<tr>
<td>8:30p – 9:30p</td>
<td>Pathoma: 1 video</td>
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<tr>
<td>9:30p – 12p</td>
<td>Wind down time</td>
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Step 2: Plan for non-negotiables and “me time”
Step 3: Trick the Monkey
Turning chores into breaks

• Chores are a necessary evil but can also be:
  – A brain break: enjoy the time to space out!
  – A movement break
  – A chance to multitask

• Schedule chores deliberately.
  – Brain/movement break: intersperse chores with studying
  – Multitask: Call friends/family while commuting. Meal prep while watching your favorite show.

• Pair important activities: Whenever I drive, I call someone. Whenever I do dishes, I watch a video. Turn chores into cues that remind you to do something important.
My Thursday Morning

• 9am – Wake up, make coffee, put laundry in
• 9:15 – Cook breakfast while planning this presentation in my head
• 9:30 – Eat breakfast & make this powerpoint
• 10 – Laundry to dryer, do dishes from breakfast, brush teeth, get ready for day
• 10:15 – Back to presentation prep
• 11 – Second load of laundry in dryer, tidy up room
• 11:15 – Presentation
• 12:15 – Pack for class
• 12:30 – Leave for 1pm class. Call sister on commute.
Things to say no to

• Random events that others are going to but derail you
• Spending >5min on formatting
• Meetings with no agenda
• Anything that replaces an activity you love with something that is draining
  – Dates you’re not excited about
Step 4: Stop planning and start doing

- Nothing goes according to plan – limit your outlining/planning time to 10min
- Getting started is the hardest part
- Exercising willpower gives you more willpower
- Know your energy throughout the day and then just get to it
  - For me: exercise in the PM
  - Productivity in AM and night
Step 5: Don’t let the monkey trick you

- FOMO loophole
- Concern for others as an excuse
- Questionable assumptions
- Arranging to fail
- “Tomorrow” loophole
- “I deserve it” loophole

No rewards and no finish lines
Did we cover everything?

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Any questions?

Let's watch a bunch of YouTube videos on creatures of the deep sea and then go on a YouTube spiral that takes us through Richard Feynman talking about String Theory and ends with us watching interviews with Justin Bieber's mom!
Learn More

• Better Than Before – Gretchen Rubin
• The Power of Habit – Charles Duhigg
• Decisive – Chip and Dan Heath
• The 4-Hour Workweek – Tim Ferris
  – Tim Ferris Podcast is actually better
• Getting Things Done – David Allen
• WaitButWhy.com