

1

00:00:00,767 --> 00:00:01,934

Hello. Hi.

2

00:00:01,934 --> 00:00:04,636

Welcome to Skipping the Small
Talk with Empower Autism.

3

00:00:04,636 --> 00:00:07,538

This is a podcast
where we discuss everyday experiences,

4

00:00:07,538 --> 00:00:10,540

Autism-affirming advice, and more.

5

00:00:10,674 --> 00:00:12,842

Hooray. My name is Riley.

6

00:00:12,842 --> 00:00:14,543

I'm kind of the host at this point.

7

00:00:14,543 --> 00:00:17,078

Yeah. This is Maddy. Hi.

8

00:00:17,078 --> 00:00:18,846

You might have seen Maddy before.

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00:00:18,846 --> 00:00:21,348

Lucky you, unfortunately. Sorry.

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00:00:21,348 --> 00:00:22,516

Unfortunately lucky?

Unfortunately- oh, sorry.

11

00:00:22,516 --> 00:00:24,784

Unfortunately, I'm just kidding,
yeah. Cut that [laughs].

12

00:00:24,784 --> 00:00:28,887

So you're one of our emPOWER UP

13

00:00:28,887 --> 00:00:31,856

Life Skills- trainers

- presenters, trainers?

14

00:00:32,390 --> 00:00:34,558

amongst many other things.

15

00:00:34,558 --> 00:00:35,225

Yeah.

16

00:00:35,225 --> 00:00:39,828

Which is great because we are talking
about emPOWER UP Life Skills again today.

17

00:00:39,828 --> 00:00:44,965

We are talking about Scheduling
& Time Management. Fun.

18

00:00:44,965 --> 00:00:47,601

What do we mean

by Scheduling & Time Management?

19

00:00:47,601 --> 00:00:50,136

I guess it kind of encompasses a lot.

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00:00:50,136 --> 00:00:51,203

A lot of things, I guess. Yes. But I

21

00:00:52,838 --> 00:00:55,773

guess it can cover anything from,
being on time.

22

00:00:55,773 --> 00:00:59,242

Kind of like making sure
you schedule enough time to get things

23

00:00:59,242 --> 00:01:02,244

done, you're prompt and stuff- it's
one of those things that's like-

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00:01:02,878 --> 00:01:06,681

it's one of those core life skills
that is just so important.

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00:01:06,681 --> 00:01:10,083

I feel like,
and you can't get super far without really

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00:01:10,717 --> 00:01:12,919

kind of affecting that-
and we're not always going to be perfect,

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00:01:12,919 --> 00:01:15,020

not saying that way,
but like I think getting really good

28

00:01:15,020 --> 00:01:18,656

and I say this to someone who, has quite
poor time management skills, but,

29

00:01:19,290 --> 00:01:20,591

it's something I'm working on.

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00:01:20,591 --> 00:01:24,561

But I think you it's something
that you really need.

31

00:01:24,794 --> 00:01:28,730

It's like one of those foundational skills
to really succeed in life,

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00:01:28,730 --> 00:01:31,832

I think because, if you're late for things
or you don't get things done on time,

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00:01:31,832 --> 00:01:34,334

then people won't see you
as reliable or organised or,

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00:01:35,535 --> 00:01:36,836

yeah, I guess.

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00:01:36,836 --> 00:01:38,104

Yeah. Or prompt.

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00:01:38,104 --> 00:01:38,837

Yeah, I think

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00:01:38,837 --> 00:01:42,040

once you've got that sort of thing down
and you don't have to worry about it,

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00:01:42,040 --> 00:01:43,274

you know, constantly

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00:01:43,274 --> 00:01:46,476

stressing about being late and things
you can focus on the other things.

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00:01:46,510 --> 00:01:47,277

Exactly, exactly.

41

00:01:47,277 --> 00:01:50,279

Cause

if you're like, I know for myself, like

42

00:01:50,312 --> 00:01:52,147

I said before,

I'm not very good at time management.

43

00:01:52,147 --> 00:01:56,617

I'm notoriously a bit late, for things,

which is something

44

00:01:56,617 --> 00:01:57,551

I really want to work on.

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00:01:57,551 --> 00:02:01,554

But it makes you stressed when you're late

and I, it's like- what's the definition

46

00:02:01,554 --> 00:02:03,622

of insanity; doing the same thing
and expecting a different result.

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00:02:03,622 --> 00:02:03,822

Yeah.

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00:02:03,822 --> 00:02:07,058

I'm always like, "It's gonna be different
this time, I'm gonna be on time."

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00:02:07,058 --> 00:02:07,725

And then I don't.

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00:02:07,725 --> 00:02:09,793

But it just makes me stressed
when I'm late.

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00:02:09,793 --> 00:02:11,127

And then I'm like, "why
do I do this to myself?"

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00:02:11,127 --> 00:02:13,729

Just be five minutes-

have a little buffer, a time buffer. Yeah.

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00:02:13,729 --> 00:02:17,198

I think the challenge with me, I guess
probably with a lot of neurodivergent

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00:02:17,198 --> 00:02:18,566

people, is time blindness.

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00:02:18,566 --> 00:02:20,001

Yes, yes. 100%.

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00:02:20,001 --> 00:02:22,302

I'm either way too early
or way too late, but.

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00:02:22,302 --> 00:02:23,036

Yeah.

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00:02:23,036 --> 00:02:24,971

Yeah. No in between.

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00:02:24,971 --> 00:02:25,605

Oh, no.

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00:02:25,605 --> 00:02:27,473

I should give myself some credit.

I'm not way too late.

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00:02:27,473 --> 00:02:29,474

I'm just like ten minutes

late. Yeah. Me too.

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00:02:29,474 --> 00:02:31,242

But that, to me, feels like way too late.

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00:02:31,242 --> 00:02:31,776

Yeah. Me too.

64

00:02:31,776 --> 00:02:34,244

Yeah. Like, if I'm ten minutes late,
that's usually what I am. I'm.

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00:02:34,244 --> 00:02:37,246

I really want to be- I'm
trying to get to the five minute early.

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00:02:37,346 --> 00:02:37,647

Yeah.

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00:02:37,647 --> 00:02:39,181

Like my friends have started saying to me

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00:02:39,181 --> 00:02:43,084

that they leave the house later now
because they know I'm going to be late.

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00:02:43,084 --> 00:02:47,554

So I'm like, "okay,
it's time for a change." Oh that's a sign.

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00:02:47,554 --> 00:02:50,222

Yeah. I need to lock in
and actually be on time. Yeah.

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00:02:50,222 --> 00:02:52,891

Hopefully through running this session,

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00:02:52,891 --> 00:02:54,492

I don't know if you've ran this one
specifically?

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00:02:54,492 --> 00:02:56,994

I actually have
and I felt like a bit of, like a-

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00:02:56,994 --> 00:03:01,063

but I did tell everyone else I was like,
"this is something I'm also working on."

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00:03:01,063 --> 00:03:02,831

Hopefully you can learn with them. Yeah.

76

00:03:02,831 --> 00:03:05,533

I wasn't up there like a fraud being like,
“you guys need to work on this”

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00:03:05,533 --> 00:03:07,501

while arriving late. So yeah.

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00:03:07,501 --> 00:03:08,502

Do you have an example of

79

00:03:09,503 --> 00:03:10,837

when you've really been late.

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00:03:10,837 --> 00:03:11,971

Oh how would I start?

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00:03:11,971 --> 00:03:12,238

Yeah.

82

00:03:12,238 --> 00:03:15,240

What's your best story?

83

00:03:15,707 --> 00:03:17,776

Oh god, I think

84

00:03:17,776 --> 00:03:19,510

actually for work, work

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00:03:19,510 --> 00:03:22,012

is- I don't know what it is,

but for some reason, for work,

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00:03:22,012 --> 00:03:24,614

I'm usually actually very good

about being on time for the most part.

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00:03:24,614 --> 00:03:26,582

Yeah, I would say

I'm not often late for work.

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00:03:26,582 --> 00:03:29,551

I'm very rarely I would say I'm actually-

And I think it's just like, I don't know

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00:03:29,551 --> 00:03:33,921

if it's the stress of what could happen

if I'm late for work.

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00:03:33,921 --> 00:03:36,522

And I should hold myself to that same

standard for everything in my life.

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00:03:36,522 --> 00:03:38,524

Like I should be on

time to see my friends.

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00:03:38,524 --> 00:03:40,625

I should be on time to like be
seeing family members. Whatever it is.

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00:03:40,625 --> 00:03:43,394

I should hold myself to the same standard
for that too. But I guess doesn't.

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00:03:43,394 --> 00:03:45,462

The pressure's
not as there, so I don't feel as

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00:03:46,696 --> 00:03:49,131

anxious
to be like "I've got to be on time." Yeah,

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00:03:49,131 --> 00:03:52,534

I think when I have an appointment
for something- Yeah when I have to, like,

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00:03:52,534 --> 00:03:56,303

start work at this exact time

I'm like "yeah, I have to be there".

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00:03:56,470 --> 00:03:58,738

And sometimes it still doesn't
quite work out.

99

00:03:58,738 --> 00:04:01,340

Yeah. But most of the time
I'm pretty good about it. Yeah, yeah.

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00:04:01,340 --> 00:04:04,209

But then, like,
when I'm hanging out with friends,

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00:04:04,209 --> 00:04:07,645

I try not to do this, but,
it's sort of a habit that you build

102

00:04:07,978 --> 00:04:11,014

where you're like "Well, it's

not a professional thing so that's okay

103

00:04:11,014 --> 00:04:12,982

if I'm like five minutes late
or ten minutes late." Yeah.

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00:04:12,982 --> 00:04:15,217

"Or they they might be late." Yeah.

105

00:04:15,217 --> 00:04:16,384

There's no impression

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00:04:16,384 --> 00:04:20,087

or they're not- their impression of you
doesn't really change.

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00:04:20,087 --> 00:04:21,255

Yeah. Too much 'cause they're your friend.

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00:04:21,255 --> 00:04:24,457

So it's more relaxed

where it's like for a job it's like- Yeah.

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00:04:24,457 --> 00:04:25,758

But I think still with friends,

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00:04:25,758 --> 00:04:27,192

if you're doing it consistently,

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00:04:27,192 --> 00:04:29,327

their impression of you can change
just a little bit.

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00:04:29,327 --> 00:04:30,795

Like mine did.

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00:04:30,795 --> 00:04:32,563

[laughs] Yeah,

and you know, they still care about you,

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00:04:32,563 --> 00:04:35,198

but they might be like, "wow
this friend cannot be trusted

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00:04:35,198 --> 00:04:39,168

to be on time." No, - and like,
I want to be seen as a reliable friend.

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00:04:39,168 --> 00:04:41,736

And I want to be seen as a friend
that people can rely on and trust.

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00:04:41,736 --> 00:04:42,804

Yeah. And that kind of stuff.

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00:04:42,804 --> 00:04:46,573

And that's just one area that I really,
I often kind of fall short in

119

00:04:46,573 --> 00:04:51,076

and I think that's like- and I don't want

to and not I'm not excusing myself

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00:04:51,076 --> 00:04:55,212

because I am diagnose ADHD,
I'm not excusing myself because of that.

121

00:04:55,446 --> 00:04:57,948

But I know that that is something that I,

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00:04:57,948 --> 00:04:59,916

the time blindness
is something that I need to work on.

123

00:04:59,916 --> 00:05:00,983

So because I know it's something

124

00:05:00,983 --> 00:05:02,484

I need to work on,
that's something that I've really tried.

125

00:05:02,484 --> 00:05:04,886

And I've actually been on time this year.

126

00:05:04,886 --> 00:05:07,722

I've been on time. I mean, we're
only nine days into the year, so. Yeah.

127

00:05:07,722 --> 00:05:09,489

We are filming this on January 9th.

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00:05:09,489 --> 00:05:10,724

We're filming this in January
but I'm sorry.

129

00:05:10,724 --> 00:05:11,424

Nine days.

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00:05:11,424 --> 00:05:13,025

Nine days on time. Going strong.

131

00:05:13,025 --> 00:05:14,560

Going strong so far.

132

00:05:14,560 --> 00:05:17,695

I'll let you- we'll

check back in Feb, but, so far so good.

133

00:05:17,695 --> 00:05:19,997

[Both laugh]

But it's something that I need to work on.

134

00:05:19,997 --> 00:05:24,600

But I think, yeah, I think doing this
module and writing this module actually

135

00:05:24,600 --> 00:05:28,370

has given me some strategies for myself
that- helping me to be more on time.

136

00:05:28,370 --> 00:05:29,671

I think also just

137

00:05:29,671 --> 00:05:31,439

I think

and something both parents say it's

138

00:05:31,439 --> 00:05:34,407

sometimes a respect thing,

like it's respect for other people's time

139

00:05:34,407 --> 00:05:37,676

and if they're there on time, then

I should be able to get there on time too.

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00:05:37,676 --> 00:05:40,278

And it's like, if I'm wasting,

it's like kind of wasting their time.

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00:05:40,278 --> 00:05:42,380

If I'm routinely like 5 or 10 minutes

late.

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00:05:42,380 --> 00:05:43,514

And that kind of adds up over time.

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00:05:43,514 --> 00:05:45,415

And like, how much time have they wasted?

144

00:05:45,415 --> 00:05:46,783

Like kind of waiting around for me?

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00:05:46,783 --> 00:05:48,484

Yeah, that adds up.

146

00:05:48,484 --> 00:05:50,119

So yeah, it's something I like

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00:05:50,119 --> 00:05:53,388

because I respect my friends and like

I want to be there on time, like,

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00:05:53,388 --> 00:05:54,755

and I want them to know
that I care about them.

149

00:05:54,755 --> 00:05:56,090

So it's something I really want
to work on.

150

00:05:56,090 --> 00:05:59,559

Yeah, on in a professional
setting for my boss and stuff like that.

151

00:05:59,559 --> 00:06:01,994

People I would like to think
that I'm like reliable, yeah,

152

00:06:01,994 --> 00:06:03,595

and on time and I will show up for work.

153

00:06:03,595 --> 00:06:05,563

So yeah,

or like doctor's appointments and stuff.

154

00:06:05,563 --> 00:06:06,664

Oh yeah yeah, yeah, yeah.

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00:06:06,664 --> 00:06:10,734

I'm, I'm fairly lucky

where like my GP is also chronically late.

156

00:06:10,734 --> 00:06:14,670

So like if I'm five minutes late,

if she's an hour late,

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00:06:14,670 --> 00:06:16,805

which is like that's

the other flip side of it. Yeah. Yeah.

158

00:06:18,339 --> 00:06:21,341

Like what I show for this on time, five,

ten minutes is like one thing where

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00:06:21,375 --> 00:06:24,343

it's like, half an hour plus, it's like-
that's crazy.

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00:06:24,343 --> 00:06:28,847

And really, like, kind of concerning, like
from both people's perspectives I think.

161

00:06:28,847 --> 00:06:31,482

Yeah. 'Cause like are you okay? Yeah.

162

00:06:31,482 --> 00:06:33,850

What's going on? Like in the mean time
getting ready. Yeah.

163

00:06:33,850 --> 00:06:36,185

And like obviously like having ADHD
or like

164

00:06:36,185 --> 00:06:39,921

or another neurodivergencies and stuff-
It is a bit more of a challenge.

165

00:06:39,921 --> 00:06:41,356

Like,

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00:06:41,356 --> 00:06:41,489

yeah.

167

00:06:41,489 --> 00:06:45,125

Sometimes I'll be like,

I have to leave the house by this time.

168

00:06:45,125 --> 00:06:46,793

But then it gets that time

169

00:06:46,793 --> 00:06:49,662

and my brain is like, "well, this thing
will only take me like two seconds to do.

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00:06:49,662 --> 00:06:52,297

I'll just do this two second thing,

I'll do this two second thing, and

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00:06:52,297 --> 00:06:54,699

oh my God, it's been another ten minutes,

I'm gonna be late.”

172

00:06:54,699 --> 00:06:56,333

And then taking like five minutes

to get to my car.

173

00:06:56,333 --> 00:06:58,802

Yeah, yeah,

yeah, it's a whole thing. Yes.

174

00:06:58,802 --> 00:07:00,103

And I think, I think,

175

00:07:01,137 --> 00:07:03,238

like, it's, I do recognise that like,

176

00:07:03,238 --> 00:07:06,240

time blindness is like a very common thing
with like, ADHD.

177

00:07:06,274 --> 00:07:08,842

Yeah. Autism like always kind of like
we're all different, like you said.

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00:07:08,842 --> 00:07:11,344

But I don't think that's like an excuse
either,

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00:07:11,344 --> 00:07:13,712

I think it's like something to be aware
of, but it's something that we can always-

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00:07:13,712 --> 00:07:16,748

it means because we're aware of it,
we can then take steps to kind of like

181

00:07:16,781 --> 00:07:18,583

work on that, which is I guess,
what we're all trying to do

182

00:07:18,583 --> 00:07:21,518

and what the aim of this
kind of like module is to kind of help.

183

00:07:21,518 --> 00:07:24,954

But yeah, I think sometimes it's helpful
to like disclose that to other people.

184

00:07:25,021 --> 00:07:27,789

Yeah. Like if you feel it's necessary.

185

00:07:27,789 --> 00:07:28,190

Of course. Yeah.

186

00:07:28,190 --> 00:07:31,225

'Cause like, I know a lot of my friends

are also neurodivergent, so

187

00:07:32,292 --> 00:07:33,427

I do know, like,

188

00:07:33,427 --> 00:07:36,429

“oh, they're probably trying their best
to get here, but

189

00:07:36,929 --> 00:07:38,997

I know this is a thing

190

00:07:38,997 --> 00:07:42,900

that they struggle with, so sometimes
I kind of expect them to be late.

191

00:07:43,567 --> 00:07:46,703

Which feels a little bit bad,
but sometimes it takes the pressure

192

00:07:46,703 --> 00:07:49,005

off a little bit of like,

yeah, "okay, we'll meet at this time

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00:07:49,005 --> 00:07:51,873

and I know you'll be like fifteen minutes
late."

194

00:07:51,873 --> 00:07:52,574

Yeah.

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00:07:52,574 --> 00:07:54,942

I feel like it's when,

whenever someone's late

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00:07:54,942 --> 00:07:59,112

and I'm like the one person that's like on
time- it's rare, this never happens- But

197

00:07:59,245 --> 00:08:02,247

like when it does it makes me feel so good

cause I'm like, "oh, finally." And I

198

00:08:03,382 --> 00:08:05,717

can never be mad at someone for being like
because I'm like,

199

00:08:05,717 --> 00:08:08,886

God knows I'm putting up people
in this position, like all of the time.

200

00:08:08,886 --> 00:08:11,487

Yeah, I arrive late
and then someone else arrives later.

201

00:08:11,487 --> 00:08:14,256

I'm like, "yes!" "I'm not the worst one."

202

00:08:15,791 --> 00:08:15,991

That's

203

00:08:15,991 --> 00:08:19,193

probably not a great- No don't adopt this
mindset. No.

204

00:08:19,226 --> 00:08:19,760

This is not the-

205

00:08:19,760 --> 00:08:23,563

do you have any better tips that you've
learned from the sessions to share?

206

00:08:23,896 --> 00:08:26,932

Probably,
I think maybe if I know, just say

207

00:08:26,932 --> 00:08:30,701

like the place I have to be,
I know the time I have to be there.

208

00:08:31,102 --> 00:08:34,704

Kind of tricking my brain and being like,

this is- And like setting the time back,

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00:08:34,704 --> 00:08:38,707

like 15, 10, 15 minutes and then like,
just say I have to be somewhere at 9:30.

210

00:08:38,707 --> 00:08:40,475

Like, if I'm catching up friends,
I've got an appointment

211

00:08:40,475 --> 00:08:43,744

or I've got work or whatever
it is, just say the time is 9:30

212

00:08:44,011 --> 00:08:46,679

when I actually have to be there.
I'll trick my brain and be like Yeah.

213

00:08:46,679 --> 00:08:48,047

9:15 is when I have to be there.

214

00:08:48,047 --> 00:08:50,315

And so that way

I probably will be there at 9:30.

215

00:08:50,315 --> 00:08:52,584

Yes. Or 9:15 if a miracle happens.

216

00:08:52,584 --> 00:08:55,553

But I'm not sure. And hey,

if you're a little bit early, that's okay.

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00:08:55,553 --> 00:08:57,554

And that's okay. Yeah, a little bit
earlier is always fine.

218

00:08:57,554 --> 00:08:59,322

Yeah a little bit

lat is always a little bit [gestures].

219

00:08:59,322 --> 00:09:01,223

You can't relax a little bit.

Yeah. Exactly.

220

00:09:01,223 --> 00:09:02,191

'Cause you're running inside.

221

00:09:02,191 --> 00:09:03,992

Literally the one- one time I like,

222

00:09:03,992 --> 00:09:06,060

set myself a goal to be ten minutes early
for something.

223

00:09:06,060 --> 00:09:06,961

That was the most relaxing.

224

00:09:06,961 --> 00:09:08,228

I don't know why I never did it again,

225

00:09:08,228 --> 00:09:10,096

but it was the most
relaxing experience of my life.

226

00:09:10,096 --> 00:09:11,931

I literally was like ten minute early
for an appointment.

227

00:09:11,931 --> 00:09:14,266

I set my car. Chill.

Just on my phone for a bit.

228

00:09:14,266 --> 00:09:17,202

Just relax, it was so nice to not be like
in the car stressing.

229

00:09:17,202 --> 00:09:18,102

Like trying to find a park.

230

00:09:18,102 --> 00:09:19,003

It was lovely.

231

00:09:19,003 --> 00:09:19,603

Yeah, in my head

232

00:09:19,603 --> 00:09:21,738

I think I don't do that

because it's usually

233

00:09:21,738 --> 00:09:23,940

like things in the morning

and I like to sleep a bit longer.

234

00:09:23,940 --> 00:09:25,107

Yeah, yeah.

235

00:09:25,107 --> 00:09:28,310

But then like, I sleep a bit longer

and then I'm rushing to like,

236

00:09:28,310 --> 00:09:29,277

get ready and things.

237

00:09:29,277 --> 00:09:31,879

So it really would be better if I just
woke up a little bit earlier. Yeah.

238

00:09:33,113 --> 00:09:35,181

That's the beauty of hind sight.

239

00:09:35,181 --> 00:09:35,548

Yeah.

240

00:09:35,548 --> 00:09:39,351

I think when it's stuff in the morning
as well I need to do this more regularly.

241

00:09:39,351 --> 00:09:44,955

But I know that you're supposed to plan
what you're going to do the night before.

242

00:09:45,255 --> 00:09:45,522

Yeah.

243

00:09:45,522 --> 00:09:47,924

So you don't wake up in the morning
and go, oh, actually,

244

00:09:47,924 --> 00:09:49,992

this is going to take a lot longer
than I thought it was going to take.

245

00:09:49,992 --> 00:09:50,392

Yeah.

246

00:09:50,392 --> 00:09:52,994

Like getting an outfit ready or whatever.

Yeah.

247

00:09:52,994 --> 00:09:54,729

Like checking Google Maps- Yeah.

248

00:09:54,729 --> 00:09:55,029

True.

249

00:09:55,029 --> 00:09:55,162

-to know

250

00:09:55,162 --> 00:09:58,164

this is how long it's going to take me,
so I need to

251

00:09:58,365 --> 00:10:01,433

get up like this amount of time before-
I always round up as well.

252

00:10:01,433 --> 00:10:02,367

Yeah good idea. Don't round down.

253

00:10:02,367 --> 00:10:04,436

Don't round down as well.

254

00:10:04,436 --> 00:10:06,270

Thats a smart tip as well, rounding up.

255

00:10:06,270 --> 00:10:09,272

I round up usually to the 5 or 10 minute
because I don't- I think

256

00:10:09,839 --> 00:10:10,740

that's a good thing

257

00:10:10,740 --> 00:10:13,509

because traffic and everything can change
while you're on the go as well.

258

00:10:13,509 --> 00:10:16,678

So it just adds another ten minutes and
you're like "bro, where was like the-".

259

00:10:16,678 --> 00:10:20,647

Yeah, usually I'll give myself like-
I think once you've-

260

00:10:21,014 --> 00:10:23,816

I mean once

you've been around a little bit.

261

00:10:23,816 --> 00:10:24,016

Yeah.

262

00:10:24,016 --> 00:10:26,051

You sort of know

how long it takes you to get ready

263

00:10:26,051 --> 00:10:28,586

because like, it'd be different

for everyone. Yeah. Of course. Yeah.

264

00:10:28,586 --> 00:10:30,188

Like I know for me, I feel like I take,

265

00:10:31,322 --> 00:10:33,156

it takes usually about an hour
and like for some people,

266

00:10:33,156 --> 00:10:34,858

like my siblings,
I could get ready in like half an hour.

267

00:10:34,858 --> 00:10:37,259

Ten minutes,
like my mom get ready so fast. Me.

268

00:10:37,259 --> 00:10:38,460

No, I know I need an hour

269

00:10:38,460 --> 00:10:40,362

and if I have less than that,
I know I'm gonna get really stressed.

270

00:10:40,362 --> 00:10:41,729

Yeah, that's why I need to get up early.

271

00:10:41,729 --> 00:10:44,865

I can do less than an hour,
but it's going to be a mess.

272

00:10:45,432 --> 00:10:48,334

I'm not gonna have an enjoyable time
I'm gonna hate every second of it.

273

00:10:48,334 --> 00:10:51,336

No. And you don't want that. No no, no.

274

00:10:51,369 --> 00:10:53,704

Yeah yeah yeah

I do like an hour sometimes.

275

00:10:53,704 --> 00:10:54,605

Even an hour and a half
if I have to wash my hair or something.

276

00:10:54,605 --> 00:10:57,374

Yeah. Nice. That's a nice buffer.

Yeah exactly. Yeah.

277

00:10:57,374 --> 00:10:58,541

Agreed agreed. Yeah.

278

00:10:58,541 --> 00:11:01,810

But that differs to everyone so

I think it's good once you kind of know.

279

00:11:01,844 --> 00:11:03,445

Yeah. It's good to know how long you need.

280

00:11:03,445 --> 00:11:06,814

And then to kind of set yourself up

for success and give yourself that time,

281

00:11:06,914 --> 00:11:07,214

I think.

282

00:11:07,214 --> 00:11:08,682

Yeah, some people seem to-

283

00:11:08,682 --> 00:11:09,950

they get dressed

284

00:11:09,950 --> 00:11:13,452

and they grab like a fruit

and they run out the door

285

00:11:13,452 --> 00:11:14,553

and that's their getting ready, that's

it, that's all they, you know.

286

00:11:14,553 --> 00:11:16,855

That's iconic. Me personally, no.

287

00:11:16,855 --> 00:11:18,389

There's a lot more steps. Yeah,

288

00:11:19,657 --> 00:11:22,792

yeah, yeah I don't feel very prepared
leaving the house

289

00:11:22,792 --> 00:11:26,662

unless I've done all these extra things,
even if it's not necessary.

290

00:11:26,762 --> 00:11:27,129

Yeah.

291

00:11:27,129 --> 00:11:29,864

One hundred percent,
like I carry my headphones everywhere.

292

00:11:29,864 --> 00:11:31,131

I don't need them.

293

00:11:31,131 --> 00:11:33,466

You never know when you might need them.
Yeah, just to get it.

294

00:11:33,466 --> 00:11:35,468

Just in case it just in case I haven't.

Yeah like packing a bag in the morning.

295

00:11:35,468 --> 00:11:37,903

Yeah. Exactly.

296

00:11:37,903 --> 00:11:40,505

Yeah I think like that before.

Yeah sometimes I think. Yeah, exactly.

297

00:11:40,505 --> 00:11:41,472

I think doing stuff the night before.

298

00:11:41,472 --> 00:11:43,474

Sometimes writing a list
of what you need to do in the morning.

299

00:11:43,474 --> 00:11:45,075

So that way that kind of takes away

300

00:11:45,075 --> 00:11:48,077

that kind of mental load of like, “oh,
what do I need to do next?

301

00:11:48,110 --> 00:11:50,279

This, this and this.”

But if you kind of like even,

302

00:11:50,279 --> 00:11:52,347

even if it's stuff that you think
is already very intuitive.

303

00:11:52,347 --> 00:11:53,448

So even if you have like,

304

00:11:53,448 --> 00:11:57,017

oh, like breakfast, like brush teeth,
I think you’re supposed to brush

305

00:11:57,017 --> 00:11:59,352

your teeth first I don't know, talk
to a dentist, whatever they would like.

306

00:11:59,352 --> 00:12:00,920

But I've never done- I don't know-

307

00:12:00,920 --> 00:12:02,921

it doesn't matter whatever,
whatever what you want to do.

308

00:12:02,921 --> 00:12:05,923

But like at some point, like if you brush
your teeth, have breakfast,

309

00:12:06,257 --> 00:12:08,292

get dressed, have a shower,
whatever it is, you know, in the morning,

310

00:12:08,292 --> 00:12:08,692

whatever you want in your routine.

311

00:12:08,692 --> 00:12:10,893

Sometimes it is helpful

just to kind of, write that down

312

00:12:10,893 --> 00:12:12,461

and just check it off

because it takes the weight,

313

00:12:12,461 --> 00:12:13,896

the mental load of being like, “oh my God,

what do I have to do next?

314

00:12:13,896 --> 00:12:16,498

What was that thing I was meant to do?”

And it's nice to have it

315

00:12:16,498 --> 00:12:17,532

checked off, ‘cause then you’re like “Oh

I have less things to do.” Yeah, exactly.

316

00:12:17,532 --> 00:12:19,767

It's so satisfying things to do that.

Yeah. Exactly.

317

00:12:19,767 --> 00:12:19,867

"I've done something!" "I've done something!"

318

00:12:19,867 --> 00:12:21,434

I've achieved something." You know,

319

00:12:21,434 --> 00:12:24,637

it makes you feel more like,

I don't know, like you've done a lot.

320

00:12:24,637 --> 00:12:27,505

Yeah, yeah. Even if it's like really,

really little things. Yeah.

321

00:12:27,505 --> 00:12:31,141

Like if I'm having a hard day,
and I can't get myself to do stuff.

322

00:12:31,141 --> 00:12:32,576

I will write a list- Yeah, agreed.

323

00:12:32,576 --> 00:12:36,278

-In my notes app in my phone
and, like, really break it down into.

324

00:12:36,278 --> 00:12:38,113

Yeah, step by step things. Yeah.

325

00:12:38,113 --> 00:12:39,981

Even if it feels just like so-
you're like, "oh,

326

00:12:39,981 --> 00:12:42,283

this is like a silly one." It's
not just like write down

327

00:12:42,283 --> 00:12:45,252

absolutely everything in like,
as little steps as you want.

328

00:12:45,252 --> 00:12:46,219

Like, yeah,

329

00:12:46,219 --> 00:12:49,421

when I have a lot of stuff to do
I feel like I can't conceptualise them

330

00:12:49,488 --> 00:12:50,422

all at the same time.

331

00:12:51,389 --> 00:12:54,225

And so in my head, instead of being like,
"okay, I have to do this

332

00:12:54,225 --> 00:12:57,260

and this and this,” it's like, “oh
my God, I have to do everything.

333

00:12:57,260 --> 00:12:59,462

I have to do an infinite amount of stuff.”

Yeah.

334

00:12:59,462 --> 00:13:02,231

And I can't- it's so much stuff

I can't conceptualise it. Yeah exactly.

335

00:13:02,231 --> 00:13:04,465

But then I write it down like, “oh
it's like-

336

00:13:04,465 --> 00:13:07,334

maybe it is a little bit of work”

sometimes it is quite a long list.

337

00:13:07,334 --> 00:13:07,634

Yeah.

338

00:13:07,634 --> 00:13:10,537

Sometimes it's not

but I can see it in front of me clearly.

339

00:13:10,537 --> 00:13:12,071

You know, this is how I start.

340

00:13:12,071 --> 00:13:13,705

Like, I don't even know how to start

without that

341

00:13:13,705 --> 00:13:16,274

but I can be like, "ok" - No it's hard,

once you write it down is a bit easier.

342

00:13:16,274 --> 00:13:16,741

And it helps

343

00:13:16,741 --> 00:13:18,776

if you write as well, like beside it,
how long you think

344

00:13:18,776 --> 00:13:20,677

each thing is going to take,
just to give you a rough idea.

345

00:13:20,677 --> 00:13:24,113

So that way you can know how long you want
to be spending on each thing

346

00:13:24,113 --> 00:13:26,148

so you that way you can help-
you kind of know

347

00:13:26,148 --> 00:13:28,483

how long everything's going to take
I guess so.

348

00:13:28,483 --> 00:13:30,317

That's a little bit harder

with the timeblindness as well.

349

00:13:30,317 --> 00:13:31,585

Oh 100%. Yeah.

350

00:13:31,585 --> 00:13:34,254

I say that as if it's not like-

that's more complex, like,

351

00:13:34,254 --> 00:13:35,288

I am the worst for that.

352

00:13:35,288 --> 00:13:37,056

With like with like uni assignment

and everything like that.

353

00:13:37,056 --> 00:13:37,523

I'm like,

354

00:13:37,523 --> 00:13:39,057

“oh yeah, I'll get this done
like in a day.”

355

00:13:39,057 --> 00:13:42,159

And it's like a two weeks later
I'm like, “why am I so going this?” Uni

356

00:13:42,159 --> 00:13:46,329

assignment are a really great place
to start your scheduling time management.

357

00:13:46,329 --> 00:13:47,363

Oh, 100%.

358

00:13:47,363 --> 00:13:51,233

Because, yeah, the jump from high school
to university assignments is quite rough.

359

00:13:51,233 --> 00:13:53,234

Yeah, it is.

360

00:13:53,234 --> 00:13:55,869

But you get used to it.

But it does take time. Yeah, yeah.

361

00:13:55,869 --> 00:13:56,803

And be kind to yourself too

362

00:13:56,803 --> 00:13:59,205

I think is another important one
because like it's not easy.

363

00:13:59,205 --> 00:14:00,539

Everyone struggles
with different things too.

364

00:14:00,539 --> 00:14:04,242

Like some people might find time
management really easy.

365

00:14:04,242 --> 00:14:06,777

It's a breeze for them, but they might
actually struggle with the content.

366

00:14:06,777 --> 00:14:08,178

But you might feel like
the content is super easy.

367

00:14:08,178 --> 00:14:09,546

But the time management is hard.

368

00:14:09,546 --> 00:14:10,513

Yeah, and that's okay.

369

00:14:10,513 --> 00:14:12,114

Like,
we all have different strengths and skills

370

00:14:12,114 --> 00:14:15,283

and like we're working on different things
and doesn't make anyone better or worse.

371

00:14:15,350 --> 00:14:16,818

No. Kind of like we're

all navigating life. Yeah.

372

00:14:16,818 --> 00:14:19,386

I think you've got to celebrate

the little wins, even if you don't-.

373

00:14:19,386 --> 00:14:20,854

100%. That's really important.

374

00:14:20,854 --> 00:14:23,389

Yeah, even if you don't get through

everything on your list, like, yeah,

375

00:14:24,590 --> 00:14:27,092

maybe not in terms

of getting ready in the morning- Yeah.-

376

00:14:27,092 --> 00:14:28,493

it would be great
to get through everything,

377

00:14:28,493 --> 00:14:30,194

as long as you get through
most of the things.

378

00:14:30,194 --> 00:14:31,228

Yeah. That's great.

379

00:14:31,228 --> 00:14:32,262

You tried your best.

380

00:14:32,262 --> 00:14:35,231

You probably- you might not have gotten
through that amount of stuff

381

00:14:35,231 --> 00:14:37,266

had you not done
all the preparation, you know.

382

00:14:37,266 --> 00:14:38,600

Yeah. Exactly. Exactly.

383

00:14:38,600 --> 00:14:41,002

Yeah. It's always better to do
like some things rather than no things.

384

00:14:41,002 --> 00:14:41,936

Yeah. Exactly.

385

00:14:41,936 --> 00:14:43,904

And then you can come back
to the other things.

386

00:14:43,904 --> 00:14:46,839

So if you're making a checklist of like
these are like the chores I have to do.

387

00:14:46,839 --> 00:14:49,675

Yeah. In a day like you can come back to

some of them later.

388

00:14:49,675 --> 00:14:52,076

Yeah. You can organise them like,
you know, urgency or other things.

389

00:14:52,076 --> 00:14:53,177

Yeah. Yeah you can.

390

00:14:53,177 --> 00:14:56,213

My dad sometimes helps me-
why do I bring up my dad so much?- but,

391

00:14:56,213 --> 00:14:59,148

you can do, like-

Why am, there's no whiteboard here

392

00:14:59,148 --> 00:15:00,116

I don't know why I keep- We need to put
something here- imaginary whiteboard.

393

00:15:00,116 --> 00:15:05,286

Just pretend there's one here, but like,
he'll say

394

00:15:05,419 --> 00:15:09,456

write like a, b, c
d e kind of like importance wise.

395

00:15:09,456 --> 00:15:11,023

So you can be like, “oh,
this is an A task”

396

00:15:11,023 --> 00:15:12,725

and you can even break it down further.

397

00:15:12,725 --> 00:15:15,727

“This is like, an A plus important task”
or “this is like an A

398

00:15:16,060 --> 00:15:17,261

like an A task minus” - or like

399

00:15:19,063 --> 00:15:20,664

this is like a

task where I don't need to do this today.

400

00:15:20,664 --> 00:15:22,832

Like the tier list? Like the tier list!

That's fun. Yeah, yeah, yeah.

401

00:15:22,832 --> 00:15:24,033

And that can be fun.

402

00:15:24,033 --> 00:15:25,200

Kind of like a fun way of doing like.

Yeah.

403

00:15:25,200 --> 00:15:28,203

It's like it confuses me though, because

it's like, why is ‘S Tier’ the top?

404

00:15:28,536 --> 00:15:30,871

Because like,

this is like halfway through the- ABCDE...

405

00:15:30,871 --> 00:15:31,238

I don't know.

406

00:15:31,238 --> 00:15:32,539

It's like when companies

407

00:15:32,539 --> 00:15:36,075

do like gold, silver and bronze

like listings of their services.

408

00:15:37,576 --> 00:15:39,778

And then they also like platinum

and then- Yeah.

409

00:15:39,778 --> 00:15:42,213

-it's something else, it's something- like,

where is the [gestures balance]?

410

00:15:42,213 --> 00:15:43,380

I don't know. These words don't
mean anything.

411

00:15:43,380 --> 00:15:46,482

No but in whatever way suits you.

412

00:15:46,482 --> 00:15:48,984

It's just words. Yeah. Yeah. Exactly.
Whatever makes sense to you.

413

00:15:48,984 --> 00:15:51,119

Yeah. Whatever ranking system works. Yeah.

414

00:15:51,119 --> 00:15:53,587

Some people like color coding
and journaling and scrapbooking.

415

00:15:53,587 --> 00:15:55,022

Yeah, yeah.

416

00:15:55,022 --> 00:15:57,290

Fire, if you want to scrapbook your day
to day activities that's fire as well.

417

00:15:57,290 --> 00:15:58,891

Yeah. That's really organised. Yeah.

418

00:15:58,891 --> 00:16:02,727

That's maybe too organised for the-
taping a toothbrush into your book.

419

00:16:02,727 --> 00:16:03,762

Fire. Yeah.

420

00:16:03,762 --> 00:16:06,730

Do you use the,
like whiteboard with the ABC thing?

421

00:16:06,730 --> 00:16:10,333

Sometimes, yeah I do, I actually am
a bit of a notes app person as well- Yeah.

422

00:16:10,833 --> 00:16:13,168

I think I just kind of felt like a teacher
for a moment there so I was

423

00:16:13,168 --> 00:16:14,002

that's why I was pointing to a whiteboard.

424

00:16:14,002 --> 00:16:19,173

This thing is making me act up, but,
I feel like it's make me feel

425

00:16:19,339 --> 00:16:22,342

a lot more important that I am,
that I've got some kind of knowledge.

426

00:16:22,675 --> 00:16:26,011

But, I think I do like the notes app,
kind of lists.

427

00:16:26,078 --> 00:16:28,212

And also in the notes
app, it's got those little bubbles

428

00:16:28,212 --> 00:16:29,947

where you can kind of like
check them off. Yeah.

429

00:16:29,947 --> 00:16:31,381

And you can press
the little thing to tick them.

430

00:16:31,381 --> 00:16:33,316

Yeah exactly
and then it moves it to the bottom.

431

00:16:33,316 --> 00:16:35,184

Oh does it, that's fire.

How do you feel about that?

432

00:16:35,184 --> 00:16:36,919

I actually haven't seen that update
so I actually don't know.

433

00:16:36,919 --> 00:16:38,987

That would probably bother me.
Oh yeah. Because your phone. Yeah.

434

00:16:38,987 --> 00:16:40,455

We were just talking-
Yeah we were talking about updates

435

00:16:40,455 --> 00:16:41,856

like phone Apple updates

436

00:16:41,856 --> 00:16:44,324

and everything is very confusing,
but I haven't seen that yet.

437

00:16:44,324 --> 00:16:45,792

But actually I think that would bother me
a lot actually.

438

00:16:45,792 --> 00:16:46,759

Yeah it's

439

00:16:46,759 --> 00:16:49,661

sometimes annoying with a- because I'll
write grocery list and stuff in there-

440

00:16:49,661 --> 00:16:51,096

and then it moves my grocery list around.

441

00:16:51,096 --> 00:16:52,063

That would bother me.

442

00:16:52,063 --> 00:16:52,764

A lot I think.

443

00:16:52,764 --> 00:16:55,199

Oh, I guess it depends how long it is,
because,

444

00:16:55,199 --> 00:16:57,467

I mean, if it's like a really long one,
you know, having to scroll a lot.

445

00:16:57,467 --> 00:16:58,534

Yeah, maybe it could be useful.

446

00:16:58,534 --> 00:17:00,402

I think it's good for some people,
but it's not my thing.

447

00:17:00,402 --> 00:17:02,938

No, it's not my thing either. 'Cause
I put things in an order for a reason.

448

00:17:02,938 --> 00:17:04,705

Yeah, I put it in an order, now it's
stuffing it up. Fantastic, thanks Apple.

449

00:17:04,705 --> 00:17:05,006

Shout out. Yeah. Actually I

450

00:17:06,640 --> 00:17:08,175

don't say anything. No.

451

00:17:08,175 --> 00:17:09,009

Nothing about Apple

I don't want to get cancelled.

452

00:17:09,009 --> 00:17:11,344

I think we can say thank you

Apple [gestures heart breaking]. It's a

453

00:17:11,344 --> 00:17:12,645

big corp- big Apple.

454

00:17:12,645 --> 00:17:13,212

What can I say that's like.

455

00:17:13,212 --> 00:17:15,213

Big Apple, like big dairy.

456

00:17:15,213 --> 00:17:16,581

You know it's like big Apple.

457

00:17:16,581 --> 00:17:18,282

Big Phone. Big Phone [laughs]. Yeah.

458

00:17:18,282 --> 00:17:20,150

Thank you, Big Phone. We love Big Phone.

Thank you.

459

00:17:20,150 --> 00:17:22,752

Yeah I don't I mean I don't-

We're filming on Apple right now.

460

00:17:22,752 --> 00:17:24,987

Yeah. Shout out Big Phone for sponsoring.

461

00:17:24,987 --> 00:17:27,856

I mean like notes app is also convenient
because it's like what is right then.

462

00:17:27,856 --> 00:17:28,923

Because we always have our phones. Yeah.

463

00:17:28,923 --> 00:17:30,924

And I don't love
always having my phone to me.

464

00:17:30,924 --> 00:17:33,426

But it is currently the situation.
Yeah it's currently where we're at.

465

00:17:33,426 --> 00:17:35,995

So I might as well use it to my advantage.
Might as well.

466

00:17:35,995 --> 00:17:38,163

Yeah. Exactly. Exactly. Yeah.

467

00:17:38,163 --> 00:17:41,632

you have any more scheduling
stories you want us to share?

468

00:17:42,900 --> 00:17:46,035

I don't think so.

469

00:17:46,035 --> 00:17:46,769

I think that's kind of it.

470

00:17:46,769 --> 00:17:49,037

But I do think it's something
that I am really working on.

471

00:17:49,037 --> 00:17:52,106

And I do think kind of like writing

the modules has helped me

472

00:17:52,106 --> 00:17:54,308

get better at it myself. Yeah.

So I think it's cool.

473

00:17:54,308 --> 00:17:56,343

Like, I feel like we're all learning
when we're there, you know?

474

00:17:56,343 --> 00:17:58,211

And I think it does
make it more relatable.

475

00:17:58,211 --> 00:18:01,046

Like,
if I'm not up here acting like I'm like,

476

00:18:01,046 --> 00:18:03,815

like the god of Scheduling
& Time Management. No.

477

00:18:03,815 --> 00:18:06,183

Like I'm the pro of it, you know, like.

478

00:18:06,183 --> 00:18:08,451

And I'm like, not very good.

479

00:18:08,451 --> 00:18:11,287

So it's like you can

all kind of stories about it and like,

480

00:18:11,287 --> 00:18:12,654

maybe everyone has different strategies.

481

00:18:12,654 --> 00:18:14,222

Like when I

482

00:18:14,222 --> 00:18:17,758

ran one of those, modules

on Scheduling & Time Management.

483

00:18:17,825 --> 00:18:20,627

One of the participants actually had like
a little app where they wrote down- Yeah.

484

00:18:20,627 --> 00:18:21,561

-like an actually good app

485

00:18:21,561 --> 00:18:22,728

where they wrote down
the different activities

486

00:18:22,728 --> 00:18:24,063

that they had to do throughout the day

487

00:18:24,063 --> 00:18:26,298

and it was like even
just like little like things like brushing

488

00:18:26,298 --> 00:18:28,466

their teeth, like getting ready,
like making a bed, whatever. Yeah.

489

00:18:28,466 --> 00:18:29,433

And they would just like, tick it off

490

00:18:29,433 --> 00:18:31,235

and it would give them like rewards
and everything like that.

491

00:18:31,235 --> 00:18:33,470

Sometimes those little things
give you dopamine so it's like you're

492

00:18:33,470 --> 00:18:35,438

gonna get a little sweet treat,
if you feel like you ticked off all

493

00:18:35,438 --> 00:18:36,071

your list and that's great.

494

00:18:36,071 --> 00:18:37,472

Yeah Yeah.

495

00:18:37,472 --> 00:18:40,041

“It's actually not my forte, someone else
get this one.” Maybe I'll drop it.

496

00:18:40,041 --> 00:18:41,309

one. Yeah.

497

00:18:41,309 --> 00:18:42,409

Yeah. You come in for this one yeah slay.

498

00:18:42,409 --> 00:18:44,578

I am not qualified for any of this.

Yes you are, yes you are.

499

00:18:44,578 --> 00:18:47,113

I just talk to people. No you're
fine, you're fine. “I'll teach it.”

500

00:18:50,148 --> 00:18:50,348

[laughs] That was great.

501

00:18:50,348 --> 00:18:50,782

Well, yeah.

502

00:18:50,782 --> 00:18:52,283

Thank you for chatting to me
about Scheduling & Time Management.

503

00:18:52,283 --> 00:18:52,717

No, thank you.

504

00:18:52,717 --> 00:18:53,517

Yeah.

505

00:18:53,517 --> 00:18:56,786

It's also something that I- I mean,
everyone could improve on I'm sure,

506

00:18:56,786 --> 00:18:58,521

but you know- Yeah, no one's perfect.

507

00:18:58,521 --> 00:19:00,522

I really appreciate you talking to me
about this information.

508

00:19:00,522 --> 00:19:01,990

No I appreciate
you talking to me about it as well.

509

00:19:01,990 --> 00:19:04,759

I appreciate as well. Likewise.
Yeah we've work together on it.

510

00:19:04,759 --> 00:19:06,360

Thank you for listening. Thank you.

511

00:19:06,360 --> 00:19:08,595

This has been Skipping the Small
Talk. Yeah.

512

00:19:08,595 --> 00:19:14,166

If you have any tips on how to schedule
or manage your time, please let us know.

513

00:19:14,199 --> 00:19:17,201

Comment below. Comments below. [Laughs]

514

00:19:17,468 --> 00:19:22,105

Sorry we're so- sorry, I hate that I'm
sorry- I feel so bad saying that, but.

515

00:19:23,539 --> 00:19:25,540

Doing the comments and liking stuff.

516

00:19:25,540 --> 00:19:28,242

No it's- let us know- let us know
if you want us to stop saying that.

517

00:19:28,242 --> 00:19:29,543

Yeah. Let us know in the comments below.

518

00:19:29,543 --> 00:19:32,212

If you want to stop talking about
letting us know in the comments below.

519

00:19:32,212 --> 00:19:34,313

Thank you for listening.

520

00:19:34,313 --> 00:19:36,949

Thank you for listening. And we'll
see you in the next one. Yes.

521

00:19:36,949 --> 00:19:38,683

Okay. Bye. [laugh together]