



Hacks for "O" Challenges

Challenge 1: It can be very difficult for an O to follow-through with things.

The process of figuring things out is enjoyable for the O. However, once they have wrapped their brains around the possibilities, the details of following through can feel boring or like a hassle, and they tend to lose interest.

A really good tool to use to help you follow-through better is to tap into your **strength** of **being willing and able to prioritize fun**.

- **Figure out a way to make it enjoyable!**

Example: If you are having a hard time exercising:

- Find a buddy to exercise with
- Join a class so all you have to do is show up
- Add lots of variety so you don't have to do the same thing all the time

- **Only touch something once!**

- Almost anytime an O says they'll do something later, *later* seems to never come.

Examples:

- Put your clothes in the hamper right when you get undressed
- Take your plate to the dishwasher as soon as you finish eating
- Be prepared to pay the bill right as you open it

• BONUS TOOL!

Write down something you really *want* to do but are having a hard time with the follow-through.

Write down 3-5 things you could do to make it more enjoyable.

Pick one of those things and *do it right now!*

Challenge 2: Os have a hard time planning.

Because Os live in the present, and because they don't want to feel locked into something they may not want to do when the time comes, they usually have a really difficult time wanting to make a plan.

One of the best tools to help with this is to **partner with someone** who is good at it.

- Partner with someone you trust and let them hold you accountable to your plan.
- Set up a time each week to have a planning meeting.
 - Sunday tends to be a good day for this as they are usually less busy and mark the beginning of the new week.
- Make sure to plan in fun activities either before or after things that are unpleasant.
- You might want to reward yourself with a fun treat or activity for finishing something that you were avoiding.

Sample Week-at-a-Glance Calendar

	SUN 30	MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5
GMT-06							
6 AM		HIIT class 6 – 7am	Spin 6 – 7am	Yoga 6 – 7am	TRX 6 – 7am	Cage 6 – 7am	Bike Ride 6 – 8am
7 AM							
8 AM							
9 AM		work 9am – 5pm	work 9am – 5pm	work 9am – 5pm	work 9am – 5pm	work 9am – 5pm	Yard work 9am – 12pm
10 AM	planning meeting 10 – 11am						
11 AM							
12 PM							
1 PM	church 1 – 3pm	work lunch 12:30 – 1:30pm	lunch 12:30 – 1:30pm	lunch date 12:30 – 1:30pm	school lunch w/boys 12 – 1pm		
2 PM							
3 PM							
4 PM	family dinner at mom's 4 – 7pm						
5 PM							
6 PM					pickle ball 5:30 – 7pm	date night 5 – 9pm	
7 PM		Family night 6:30 – 9pm	Movie night w/friends 6:30 – 8:30pm	youth activity 6:30 – 8pm			

Print the calendar on the following page to use for your planning meetings:



Dr. Denim Slade

Weekly Calendar

RESOURCE MANAGEMENT

BLOCK OUT THE SET THINGS IN YOUR WEEK.
SCHEDULE AT LEAST 1 PERSONAL FILLER EACH DAY (BE SPECIFIC)
SCHEDULE AT LEAST 1 RELATIONSHIP FILLER EACH DAY (BE SPECIFIC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
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