

I Never Get Around to the Big Jobs



David B Sachar MD

“I NEVER GET AROUND TO THE BIG JOBS”

**David B. Sachar
M.D., FACP, MACG, AGAF**

e-Book 2016 International Psychotherapy Institute

From *Achieving Success with ADHD: Secrets from an Afflicted Professor of Medicine* by David B. Sachar

Copyright © 2012 David B. Sachar

All Rights Reserved

Created in the United States of America

“I NEVER GET AROUND TO THE BIG JOBS”

We all have big jobs we want to complete, but the little jobs always seem to get in the way. There is a big report to write, a long novel to read, a challenging piano piece to learn—but, oh no, first we have a phone call to make, an e-mail to send, a package to open. Then by the time we’ve gotten these little jobs out of the way—whoops! No time to get to the big job today. SighPerhaps some other time....

Simple Rule #1:

Learn to leapfrog.

Leapfrogging is one of our most powerful tools. It simply means taking a non-deadline, non-time dependent job of low urgency but high priority that we’d like to accomplish, and consciously, deliberately *leapfrogging* it over all the little stuff that invariably gets in the way.

Here’s how it works for me. I take piano lessons. I don’t mind practicing; sometimes I even like it because once in a while the music actually sounds nice. But my lessons take place only once every week or two, and there are always lots of tasks I need to finish on a daily basis. In fact, there they are on my list for the day (see Simple Rule #1 for Problem I).

How am I ever going to get around to practicing the piano? Simple! Just leapfrog the practice session over everything else on the list and do it *first!*

But wait; isn’t that a violation of Simple Rule #2 for Problem IV (“Stick to the program”)? Well, yes and no, but mostly no. What we’re doing here is deliberately modifying the program—not abandoning it—to allow room for a goal of high priority (life-fulfilling priority, that is) ahead of minor daily tasks *that are going to get done anyhow.*

That’s the key point: the little tasks are going to get done sooner or later as long as they’re still on the list, but the big important goal is never going to get attended to if it isn’t leapfrogged, at least sometimes.

Simple Rule #2:

There is no Simple Rule #2.

Simple Rule #1 is the only one that will work for this particular problem.