How to derail your planning system by over thinking

Over planning things is just as dangerous as under planning or not planning.

If you are spending more time planning than doing, then something has gone wrong somewhere. Or if planning is taking you too long each week to update your planner then you are not going to be very efficient and also it ceases to be a useful tool and becomes a burden and things start to slip through the cracks.

Have a sit down with the Gruesome Twosome in Episode 21 where we zen out on planning

If you have ideas for future episodes please send them to steve at philofaxy dot com

Show Notes (timings approximate)
00:00 - Introductions
01:00 - When is the task too big?
02:00 - Stick to small
03:00 - Notebook scribblers!
05:00 - Finding the happy medium
07:30 - The evidence of incorrect use of a planner in Steve's first Filofax!
10:00 - Using your planner in a productive way
11:30 - Quo Vadis - Daily 21 planner/journal
13:00 - Journalling
14:30 - Segments of life (Past, Present and Future)
16:00 - Spending time to plan
17:45 - Trust your planner
18:15 - Listener challenge - Keep your planner open
19:30 - Can you have too many sections in your planner
22:00 - Where to write things down.
23:00 - Indexing
24:00 - Training your brain
25:00 - Don't over think things
27:00 - What is in our planners this week
27:45 - Tip of the week