

Lux UX VIP - Chaos Control Like a COO Gamify Mini-Movie

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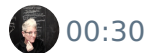
SPEAKERS

Patty Woods



00:01

Hey there, and welcome to How to gamify your daily ops tasks and actually get that shit done. For the chronically bored and easily distracted with TASKI, back end things, that's kind of fun too. And if you're a nerd of urgent or suspect that you might be the shiny courses made by and for someone with a brain like yours, enjoy, let's dig in.



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So, you're here. Now you're wondering, should you gamify? If any of the answers to the questions that I have below, sound familiar, you're probably in the right place. So I'm pretty firm believer in If This Then that thinking when it comes to problem solving, because it's a great start, at least for my brain. But I'm also come at it from a million different directions define the right If This Then That answer. But for me and for my clients. So here's how to know if game of gamification is a good tactic for you. If it makes sense. It's the beginning of how approaches lead how it's to be. Let me back up. It's the beginning of how of how approach to solutions. It follows an F, which is your observation of what you don't want, and a validation of the observation by noticing a symptom. But would you rather have be true for you, AKA your goal, then that do that thing, which for you are right now are the contents of this course to check out. So as much as I'd like to read you everything on the slide, basically, if your daily business operations, tasks suck, ordering decisioning logic and timing are weak points for you. You can't stand me until what to do you hate constraints constrains you hate feeling templated or caged in by systems or processes that aren't specific to you, or your idea. And things are falling through the cracks, your clients are noticing you're angry, you can't seem to get your shit together to fix it. And there's other things you'd rather be working on to make your impact than just trying to pull yourself together. And you believe that there's got to be a better way with baby steps, but you just don't even know what that looks like. And the results, you're looking for our daily apps projects to feel manageable, occupying less of your time and mental bandwidth. Getting Things Done feels like your idea instead of being imposed on you, so that motivates you to have a little more momentum. And it's super simple and kind of fun for you when you try on any of these games. To make sure the strategy or the tactics of it, then you're in the right place. Alright, so let's get to how do we get there from

here? Nothing to do but take a quick look at Part One. What you tried to make order in your back end with and why it just didn't work for your brain. My stupid simple framework or at least that's what I call it for any operations chore that stresses you out bores you to pieces or kills you a little on the inside every time you think about doing it. Part three is a pretty damn good way that I found for myself and other ADHD entrepreneurs to go from overwhelmingly don't know where to how to procrastinate procreate. I call it procrastinate darling. To actually get the shutdown are handled. Meant for chaos turning creatively. Inclined brains will say and Part four is getting your games on to see which one fits for you. In this moment, which one right now works best or should be your first choice to give a shot. Okay. But before we start, I want to share with you who that heck I am and why in the world would you want to listen to me on it? First of all, let's just say I'm an expert cat herder for six, seven and yes, even eight figure creative lead chaotic businesses. And mostly because I am a neurodivergent entrepreneur. And I didn't even know it. And I've been earning six figures regularly for a while. So intuitively, I had a way that clearly worked as well. Otherwise, no one would hire me right. So the way I like In a tos, it's a bit like chaos theory puzzle predicator meets mad scientist, that's kind of my way, which is kind of a match made a neurodivergent entrepreneurial heaven if you think about it. So my take on should you listen to me? Well, you already know what you're doing ain't workin to get your things done. So you might as well check this out, you put a little money into it, or whatever, and see what this neurodivergent has to say, it could be a cool tool for you in your arsenal when you need it, or could just be another shiny on your path, you won't know until you die again. So let's find out. All right, part one. Why the usual approaches or epic fails for your business? Or have been anyway, if you hear I know without a doubt that you've tried tons of productivity and project management solutions that just don't fit your brain. So let's talk about it. This is the Yeah, nope. Theory of neuro divergent entrepreneurialism. Any entrepreneur really. But for Neuro divergence, it seems to hit in a different way. Right? So you went totally into business to forge your own destiny, maybe you find yourself unemployable. Maybe there's just something that just moves you and there was no way to work on a solution for that. The typical way. Whatever it is, when you sign up for it is not actually to just follow your passion and do the thing, right? What you sign on for is managing yourself. Fine, right? Your projects, and your expectations of what's possible, given the fact that your brain is constantly firing, or hibernating one of the two, for overthinking or over processing or under processing, you get the idea. Ultimately, you just want to make the world a better place. But your brain is constantly on fire. And it fucking hates constraints. So your vision is you are the queen and your reality is oh my god, I'm so bored. I can't even write an amazing colleague of me recently set. This is a case of the ideal versus the real of entrepreneurship. And because we, this big idea, thinkers of us are nonlinear creatives, but fast, impulsive doers. We are in a constant juggling act of managing ourselves, our commitments, and our results, and our clients and all the things and it fucking sucks. Maybe you've heard this one before, count me out. I cannot even tell you how annoying it is to overthink things you don't understand. It's a consensus among Sony Andes is that we don't really understand something on the level that we need to, in order to execute an action to our satisfaction. Or, or board is stuck with that thing. And we don't want to dedicate any time or energy to doing it because we're dopa hunting for something bigger, better. We want to you know, like, impact people. And we don't want to futz with learning what the shit is behind the scenes or doing something that seems so inconsequential. Or at least that's what it appears to be. So what we do is we sit and we stew in our gut to know how that'll muscle through it, right? Because productivity, self efficacy, feedback loop on what success is, has got us on autoplay mode, which I'll talk more about in a second. Anyway, this isn't a real boat. But every neurodiverse entrepreneur I've ever worked with maybe who's ever lived, who I've ever worked with, kind of runs on these two principles. It's a very simplified version. And I'm not saying this is our total sum of who we are. But what's really going on in our brains that makes the business management tasks list turn into a DEFCON five situation, requiring us to fill out ghost to get anything knocked off is twofold. Part one is gotta figure it out right now. Gotta get it done. But it only matters if it's like in our zone. It's our dopa hunting zone. It's our this is where we like up. Plus the other kind of rebellion we'll call it that you can't tell me what To do

or how to do it if you expect me to create solutions. It's like this twofold. Line underplaying dynamic keeps us feeling over committed and juggling and searching for Where can I hide out for a week to just knock this stuff out. The truth of the matter is neurodivergent Brains, brains, they move fast, but they also sell out faster.



10:30

So why being neuro divergent solo entrepreneur especially, is troublesome out the gate from behind the scenes because you're wired to see it all in Salford all and get your gold out there to help help help serve serve serve. The problem is you are not wired to do at all let alone all at the same time. So you end up in overcommitment, hell juggling it all trying to fix it up. Try and solve for too many things at once print all the time overthinking what you don't know how to do. So you can delay a faceplant and fighting your oppositional defiance and strange, like like reaction to constraints. Part of that is recalling of your skill set. The other part of it is like the constant need to feel stimulated because you don't know how not to operate if you don't feel stimulated by what you're doing. Alright, so if any or all of that sounds like you right now, hands up, and no, I cannot see you. But if you say yes, we'll move on to gamification, which is way more fun than listening to this head in the corner talking. Alright, so now that you know the why behind your epic get shit done failings, what are you going to do about it. Of course, you've got option, a shiny new productivity app, make the time to learn it and then use it. Don't even need to ask you about the graveyard on your phone, or your computer, or your bookshelf. Or you deleted apps, or tools or templates. Stuff that you gave up on because of the learning curve or you just didn't like it or didn't have everything, it didn't do everything that you needed. So you said screw it. And chicken and even if it was like 90% of the way there or just took you too long to use for find someone else to put it off on, write the stuff you don't want to do. And make time to explain to them what and how you need it done. Here's the thing, if you got the time you got the money, and the processes are good to go and to hand off right now. I'd say hell Fucking yes this all day long. Without it out. Just only if someone knew to sort that shit out for you. That's my warning. They might be amazing at what they do or presented themselves as if they are. But they're not a mind reader. And they'll need to keep bugging you to get the intel that they need to get shut down. No matter how independent they are. No matter how good they are at solving problems. They still can't read your mind. Alright, then, of course, you have the other option, script pushed back on your deadlines. Cross your fingers, you don't implode your business in the process. Nothing's always a choice, right? But if that's what you wanted, you wouldn't be here. So about exploring one damn fine solution of a framework instead. The thing that I use to diagnose every online business I've ever worked with, to set you up for gamification. Maybe sounds like a good idea. All right, let's do it. All right. Let's set up what I call the stupid simple 40 approach to get shit done for the systems minded or the system SubCom. Because your brain is not a constrained, loving linear functioning powerhouse, we know that it's got a natural tendency to explore and thrive in the chaos. How about a tiny framework to use while you're out there being all chaotic and shit? Let's do it. All right. This one's meaty. This is a mind map of what I call cast control 4d method for ops management. Specific to neurodivergent brains. So four step process. It's kind of a riff on the scientific method. So it works like this. You start with detect and you move to discover then on to decide and then finally to deploy. And then it's a feedback loop every time time you encounter some sort of operational problem you're looking to solve. Okay? Even though I call it Chaos Control, what it really is, to me is a method to the madness a map to make sure about the curves and the roadblocks and the detours and the enticing scenery along the way, plus the final spot pitstops. We end up where we want to be ultimately, like I said, it's much like the scientific method. And it works for any problem you want to solve, not just business management ones, but that's what I'm here to teach you about. And if I have to sum up simply without reading these cards, what each step means detect is figuring out what's revenue raw. Discover is what solves are there out there for what's rubbing the raw, decide which of the solves that

you find are a fit for you. And deploy is the get Tues that you get to do to get shit done. So, in this mind map, you also see that I've identified what it looks like when you're stuck in one of the de stages that get you from start to finish. And the underlying reason your neurodivergent brain hangs out there. In other words, the executive function that's dysfunctioning, then there's another layer, there's a deeper driver underneath, that's like needling your brain. That's all about the way your brain operates, and what you really think that you're looking for, in order to get unstuck. So take your time read through it, it's got excellent info in there to give you a little more insight. We're gonna dive into now though, is, what freeze is where you're stuck, and you can't figure out how to go and explain what it looks like in each of the 40s. Alright, here we go. It's gonna be a little controversial for people and hopefully not triggering. But here's the four DS. In a nutshell, managing all the moving pieces of your business is not a productivity problem. It is not a lack of focused attention issue. The underlying cause of operational overwhelm is processing paralysis, okay? And using the 40 method, instead of looking at how you put your business management can't get you on problem can't get shit done problem, pardon me, like a productivity problem? How about, you can choose to decide to figure out what symptom you've got. And pick a tool that supports the executive function when you're struggling with it in that moment. Because like I said, the truth of the matter is operational overwhelm is processing paralysis. And you know what? Process paralysis mimics a trauma response. Simply put, it's the trauma of trying to force your brain to linearly manage problem solving, and all the other executive functions that go along with managing yourself managing your business, any cognitive function forcing a framework on you. And working your way out is a trauma response. Because productivity, managing projects, solving problems, the way that we're taught, before we discover Randy's does not work for our brains, simply put, so let's work through each of the DS quick and talk about what it looks like when you're stuck or frozen. Or having a trauma response. Okay, so in detection CAS what happens is you see every task on every project list and you don't know which one to tackle first, which means prioritization and organization needs an assist in discovery chaos, you get on all the rabbit holes to get the How to the what and then you want to try them all. You know, like, oh my god, this then you try that. And then you're halfway through trying this and you're like, oh, but that Bella, right. So what you need help with there's impulse control and time management. Decision chaos. You're overstimulated with all the What's that you did find and all the half tries that you may have made during discovery because you skipped through decisioning and straight onto deployment. So you find them until you have the bandwidth to process them. So decision making and cognitive flexibility you need some help here. And finally deployment chaos. You're sure that what you chose will flop right? So like you made a decision you're like I'm doing this but you're sure it's gonna flop so you delayed him or or or you're pretty damn sure you found like the cure, and it's gonna slay. So you make more more space for it, which causes you to re overcome it. And then you're back in the hell of I can't get anything done because I'm overcoming. Anyway. So in deployment he has what you need is self awareness and motivation, support.



20:29

And this is a great quote from Daniel burn Kok to kind of explain how trauma response and neuro divergent kind of processing and entrepreneurship mimicking each other. And if you haven't heard of her Daniel, burn, burn, burn, knock, I'm sorry. Daniel Bernanke is the author of because you matter how to take ownership of your life, so you can really live should about trauma survivors. And you can read the quote, but the minute I read it, it made me tear up. So I know it's, it's hitting right. One of the symptoms of trauma is feeling helpless. There are things outside of our control, hard for control freak, I know. But there's one thing we always have always do have the power to control. Even if we're not aware of it, it's the power to respond intentionally using our choice. I call this our superpower. That being said, it's interesting that when we focus, intentional response, one of the things that is extremely difficult for the brain, how much we can clear the freeze. All right. How do

you do that? Well, what you can do using the 40 method, instead of feeling helpless, means you can use the symptom to figure out what process paralysis or trial traumas trauma response stage you're hovering in. And dig out the baby desire under the executive function that's causing you to inform which game approach you need to break. You free to get shit done. So basically, you can pick the path to go from stuck to how to start and make some headway. With theory stuck in said identifying the problem searching for the solution. Choosing the best right fix, or inserting the fix into your life. What's the robot block that stops you most often when you try to get shit done? Not starting no starting hard starting managing time to do it. The funner desire factor meaning the boost? And what's your response? Do you fight it to the nail? When you do it? Do you ignore it at all costs and hope it goes away? Or do you freeze up so your decision is not to decide to relieve the stress? Those are the questions you have to ask yourself in order to be able to move ahead and use the framework okay. But here's why. Being a nerd divergent, solo ish entrepreneur, somebody with a lean team is troublesome out of the gate. Because from the behind the scenes, our fast brains fumble the executive functions. And basically, executive functions are everything required to manage your business. The 40s actually slow your gogogo brain down just long enough in order to observe your stop go no patterns identify the time suck versus the warp speed time tasks, which then let you set a course to follow double boosting impulses and momentum build and plan and prioritize with self stimulating tiny wins. So basically, and detect you if you figure out how you think about the problem and discover you are going through how to parse down to a solution that fits you and decide how you set yourself up to get started. And in deploy. It's how you continue to use or take the actions on the solutions that you decided and without feeling caged or spent in the process. And ultimately, when you can insert the 40s using these guidelines. Your future self makes Teskey stuff doable and a little fun without ghosting So let's move into putting the game and your back end. And getting that shut down fast ish. Now that you know that, now that you know how to get to the goal



25:25

anyway, as I was saying before the dog started barking outside. Now that you get the goal behind the 40 framework, that talk about how to use it to get the game in your back end, on a regular basis. And just talk for a second about the strategic approach behind that tiny tactics I'm about to share with you. So do you remember how I said something about using a loose If This Then That strategy to help get things done? There's a little more to it, behind this brainchild of gamification for me, or actually the 14th method. There's a short dive into how I brought my Frankenstein to life, aka the theories I adapted and combined to mold and fit my neurodivergent brains way of managing. Because I needed to shift from my odd ADHD into from the need to know why this doesn't work. For me shame spiral from all the failures, trying the typical ways into here's the way this works for you, if you want to feel good while doing while you're doing it, and get on with enjoying your life because I was stuck in a loop of shame, to ridiculous amounts. why it wasn't working the way it worked for everyone else. So it's less about the why and more about the way to alter, ultimately, for me to reframe the whole narrative in your head negative bias feedback loop that says I'll be happier when I'll take a break when I'll be successful when whatever it is that you believe is your roadblock that's delaying the gratification that you have from your achievements. But anyway, this is it. My strategy is a poll of scientific method plus Occam's razor, plus essentialism, to come to my chaos theory at bation Station. That's where I'm at now. That's what I call what I do, how I do what I do. And tools for boredom and blase shiny object syndrome, and always over stimulation and procrastination, and only way to do it rigidity. And what it looks like in practice with daily ops tasks is intentional time and attention. spotlighted with my task eastward are my easy squeeze low lift what's next daily do direction with rollout and my Top of Mind visual cues with a mind your end map on our wall of fame



28:12

so as nice as that is, how do you win at the get shit done game right. Nice little summary. Let's dive into what that looks like. The answer kind of depends on you. It depends on where you're stuck, how long you've been stuck there. How soon you believe your motherboard will fry its circuits all the way out. So let's first talk about the games I've got on the shelf for you to pick from. Introducing my game day lineup first the task a swear jar. It's my two minute task drill a playable beat the buzzer stuff. It goes like this. You get a grip on how long it takes you to do the things that you do with a glass jar, marbles and a timer pen and paper. You use it when you feel like you overstuff your list with tasks that take you a whole lot longer than you estimated showering you with guilt that often escalates to shame. But it's always for or the executive dysfunction underneath that it is improving his time management and impulse control. And why it works is because it gives you visible visual physical. That's its visual physical trait tracking and processing outside of your overstimulated brain. And then we have rollout it's my Eisenhower matrix alternative, magic eight ball stuff. And it goes like this. That list of stuff that's all irrelevant but seems impossible to prioritize gets handled with the role of a set of dice and use it when you feel boredom and blasé with what's on your docket. And you need a dopamine boost to solve for the dilemma of which what to work on first, or next. It solves for the executive dysfunctions and decisioning and metacognition. And why it works is it reduces the noise of too many tasks, or choices between tasks down to almost appealing to do, and what's left in the task or type of category. And finally, mine no shame, all the things are just the wall of thing. It's my bodily body doubling without a partner option, so to speak. It's like risk. But if you've never played that board game, consider a queen's gambit level game of chess against yourself. Goes like this with sticky notes, a blank wall tape, some column headers and a brain dump and a pen and a timer. You plot your week of map. Use it when you feel like I can't even with your task list anymore. Because you do and you do and it doesn't ever shrink. And it's all for the executive dysfunctions of there's a lot of them task initiation, self awareness and planning an organization and why it works. It's a visual top of mind awareness reminder to what you're working on. Why it matters, breaking it down and celebrating each to do that's two done along the way. So you get to self stem a little bit and that builds momentum. Now don't worry I've got workbooks to go in depth a little deeper for all the rules and things that you need to do in order for the games to work. However I also included because I know some of you may be like but I can't even figure out where the hell I am or what the hell I do or what where am I in this in this sport me oh my god, I don't even know like literally you have burnt out or melted your motherboard so far down. That is like learning your whole business life again situation. And for those of you who are in that kind of mental state or that's how you're framing right now there's a lot of detail for you to take in on those other games so why not talk about some pre games that you can do to kind of prep for the bigger games right these are many okay fines to get you from done to hear we fucking go right and they are the geometer or juzo meter the rabbit hole hop out and the for integrity loop these will feel a lot less big to you who are shockingly stuck like can't even believe where you're at right now you feel so momentum LIS right. And I'm sharing them with you because I at one point had to use them. I was almost completely shut down. So I'm your goal is to pick the first game to play without overthinking it. Okay. These games help with the noise reduction. So you don't short circuit your gloriously gorgeous motherboard the rest of the way. So the juicer meter it's a work week task categorizer and a timer one two punch to get a handle on the What the fuck do I do? And how long does it take me? The rabbit hole Okay, so you use that when you feel like you're not focusing on the best types of tasks to move the biggest levers what the lowest lift to get to your goal line. And you're not sure how long the tasks take you to complete. Like I said it answers the burning question What the fuck do I do all day? How long does it take me to do the things that I actually do all day. So what it's helping you with is planning organization time management and metacognitive meta cognitive knowledge and regulation so it helps with a lot to do summoners a great place to start if you're just like, What the fuck. Practice using the two tools together for five consecutive days and the juice o-meter before assessing your shots, the rabbit We'll hop out what

tasks hijack your focus and why. It's a 10 minute post whole summary. It's what I call it. It's a little journaling exercise. And you use it when you feel like you broke free from your hyperfocus date, whether you're working on what you intended or not. And answers the burning questions of, like I said, What's hijacking your focus completely and why? What it helps with is metacognition and self monitoring. And you practice it anytime you emerge from a rabbit hole knowingly emerge from a rabbit hole. And you aim to collect three to five of these kinds of Report reports or journals before assessing your stats. And there's the front Tegrity loop. It's my two minute mini scrum stand up as what I basically liken it to use it when you feel like you're avoiding a task or project because progress is slow as fuck. And it's never really done. Or you want some outside accountability to meet a specific deadline. But to be honest, it's so easy to use, you might end up using it every day. It answers the burning question of did I move the needle even a little bit today. And do what I committed to doing helps with metacognition and self monitoring. Because it's so quick and easy. If you find yourself feeling guilty or ashamed for not getting shit done regularly, make it a daily practice, and collect a week or two of data before you assess your stats. So this is how you do it. This is how you get from stuck to go. either start with your pregame. Or if you're kind of past that, and you have kind of a handle on what you do all day, how long it takes you and so forth. Move into the tiny tactics of either a task a swear jar for your overstuffed list grip and rip rollout for you're totally bored. And you want to stay focused on knocking the blase stuff off your list. So you feel so so you feel like a sense of accomplishment and like you're not constantly putting those tasks off. And then the wall of fame will fight the never ending. Dialogue in your head that says the needle never moves. I'm not getting anywhere, right the feeling of why do I even bother. And I'm, like I said you should try out, whichever, whichever is most like you right now try it out for at least a full five days in a row. To see how it feels. Noticeable symptom relief can happen super fast or a little slower, depending how long you've been stuck where you're stuck. And hauling. It's felt like you just really want to burn it all down and like you're done done. Right? If you're at that space, it's going to take a little longer



38:14

okay. Now if it's not clear, as clean drinking water to you, where you should start right if I have not reduced the noise enough down for you by letting you know which symptoms are assisted which executive functions are helped best. And you've got a little bit of all the IPS right, if this which that



38:55

the best I'm getting this together for you the best pick and roll and around play call to bypass the no choice right now that you're hovering out because let's face it, you're like but there's a little bit of all of me in it. The best and around that I can come to come with you is this this is not a cabo. This is the truth to your brain. It's your motherfucking choice. So here's four things that you can consider when you make a choice on which game if all of this is our that some of them are a little more supportive of more things, some of them support a pinch here in a pinch there. So when you start might you start with either something that sounds like the most fun number one seems the fastest and easiest to try. Because dopamine here made most fun, fastest and easiest to try placed in investment of your mental bandwidth in your time, which for a lot of you that might be it whichever game you feel supports your perceived weakest executive functions so it works out your weakest executive function muscle or removes the most problematic can't get shit done symptom that's keeping you feeling stuck. Or that's procrastination, indecision, momentum, overwhelm, blown deadlines, broken self trust to name a few of those for which matches your highest priority outcome from taking this course based on real life that right now pick it, go play the game, you answered. Go play the game that

matches your answer to your highest priority outcome. So it's on you, I got you this far, you make the choice. And finally, if you need more chaos control, you can get it. I'll have a link below of ways that I can help you further. You can get an accountability buddy in your back pocket to get you going on deploying this get shit done strategy. You have that opportunity when you sign up for the course. I'll leave that link below. In case you decide, Hey, I like it, I need your help. You can get other executive function flexing for nd brains to make entrepreneurship great again. And take a look at my coming attractions. What's on the docket, maybe vote for Hey, I really want to see this next time in hell, I'll even let you pre up pre order. From my anyway, there's four main categories of course. Or if you have a bigger project management management problems that you want operations level support to sort and conquer. You can share those with me for a chance at a standby invitation to what I'm dubbing my mad scientist experiment sessions, where you'll get a super special case study participant price. In the event that I choose to have a mad scientist live session, live solution session live experiment because there's enough interest, you will get basically in for damn near free. All right, it's kind of my small group Hot Seat problem in progress solve which is let's see more leveraged way to to work through a solution that I would typically do behind the scenes for people for much more healthy price tag will say like that. So we'll just say it's a way for me to do one to a few for less, versus one to one for more. So I can help more people don't cost them less and be happy. Happy solving, right? So I'm gonna leave all the links here and any one of them appeals to you or something you need. You know where to find me. That's all I got for now. Go get your game on and let me know how it goes.