

264. Creating Time with Tyson Bradley



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Jody Moore

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I'm Jody Moore and this is *Better Than Happy* episode 264: Creating Time with Tyson Bradley.

Welcome to *Better Than Happy*. I'm your host, Jody Moore. I'm a mother to four children. I'm a huge Taylor Swift fan, and I'm a Master Certified Life Coach. I'm here to teach you how to manage your brain and manage your emotions so that you can create a life that's even better than happy. Are you ready? Let's go.

Hey everyone, welcome to the podcast. I am excited to share Tyson Bradley with you all today. Last week we learned about fun creation, this week we're going to learn about creating time. And this is a subject that I'll tell you, whenever I hear that people are going to talk about creating time or time management, I hate that term, that's why we're not using that term. But I used to sort of cringe and think this is one of those things that I should be doing and it's going to make my life more difficult and less fun.

And I want to offer to you today that if you feel that way then you especially should listen to this episode because the way that Tyson teaches this and the strategies he's going to share with you, some of which are things that I have gotten really good at implementing in my own life. Do the exact opposite of that, they make your life easier, they give you more flexibility, more ability to be spontaneous and they make it all a lot more fun.

So one of the things I love about Tyson is that he is very good at all the things that I'm terrible at. So I'm always looking for people in my circle of friends and colleagues and things who are good at the things I'm terrible at, and Tyson is one of them. At the same time I feel like we're sort of kindred spirits.

So I will say that Tyson went through coach training a few years ago at the Life Coach School, I remember when he went through coach training and he is obviously a dude and a member of the church. And it's something that a lot of you ask me about is, "Do you know any coaches who are trained

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the way you are, who teach what you teach, who are members of the church?" So I'm excited to offer you Tyson as one.

I have another man that I interviewed on a different topic that will be coming up down the road, so make sure you're subscribed to the podcast so you can hear him, totally different topic, totally different approach that you're going to love listening to. Actually we had him and his wife come on, but Tyson is one, I know, again many of you ask me about male coaches. So I am very excited to share this episode with you, without further ado here you go, my conversation with Tyson Bradley.

Jody Moore: Let's get into it, Tyson Bradley, super excited to have you on the podcast today. Tell my listeners a little bit about you, tell us what you do.

Tyson Bradley: Yeah. So I like to just describe myself as a time coach and your time coach. So I'd just like to say that because there's plenty of apps out there, there's plenty of gurus and they all teach different things, they have planners and all that. But I think the part that's missing is having someone specifically talking about mindset, and talking about there's time management and then there's managing yourself within time and so...

Jody Moore: Yeah, because time doesn't really need to be managed, we do.

Tyson Bradley: It's just like because there's [inaudible] time and we have struggles with it. So I really like to focus on, I help life coaches follow through on a calendar. I have also helped plenty of people, members of the church, Jesus Christ Latter Day Saints with their time managing.

Jody Moore: It's so long to say it that way.

Tyson Bradley: I know.

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Jody Moore: Otherwise we get in trouble. So, okay, so let's back up for a minute, so, Tyson's a member of the church and obviously he's a dude. So before we get into time management can we just please answer this question, because I get it all the time, which is why are there so few men, at least in the coaching world that we know of?

Tyson Bradley: It's a good question because when I came into it all, I mean I learned about the model and about coaching when I was getting a master's degree in human resources. And I thought this is amazing, this explains everything. And then lo and behold I go to my first event with the Life Coach School.

Jody Moore: We're you surprised that there were so few men?

Tyson Bradley: Well, yes and no. No, in that I knew that Brooke targeted women.

Jody Moore: Yeah, she targets women, just so people know, in the marketing world we call it targeting as in other words, where am I going to sell my ads, yes, she...

Tyson Bradley: But then going there is just like okay, I'm like one of two out of a group of a 100 females here. And I don't know if men just generally avoid feelings, avoid thinking about feelings, or getting into psychology. I have always just been fascinated by it. And didn't necessarily see it as feminine or masculine or whatever, I was just like this works and I'm going to do it.

Jody Moore: Yeah. And I do think like you said, Brooke has always marketed to women and some men are like, "Well, maybe I don't want to go be a part of that group of all those women, maybe it's not the place." But don't you think it's very linear and logical and it's not – even though we do work around emotions and everything, I don't think it's like touchy, feely at all, do you?

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Tyson Bradley: No. And I always look for the logic in it, I'm just like, "Why does this make sense?" Well, it's because we have neurons that are firing and wiring in our brain. And when they're firing and wiring they send off chemical reactions and we just call those things feelings, and those drive our actions.

Jody Moore: Yeah, we just happen to call them feelings.

Tyson Bradley: And just like, well, you just happen to call them feelings when really it's just a bunch of vibrations and chemical reactions. So just like when I think about it that way, it's just like maybe it becomes more data like.

Jody Moore: Tangible, yeah.

Tyson Bradley: Yeah, tangible, it's just like this works.

Jody Moore: This is just science, come on.

Tyson Bradley: This is just science.

Jody Moore: It's just science. And the other thing I said, I had a friend reach out to me recently who was going to go through, who was considering signing up and he asked me that question, "Why are there so few men?" And I just said, "Not all guys are as cool as you, not all guys get it like you do." But the ones that do come along and give it a chance usually tend to love it.

So anyway, I'm excited to talk to you, I know my listeners are always excited when they get to hear from men who are life coaches. So I'm so glad that you're here. So let's talk a little bit about time. You talk about creating time with your mind, which I love that idea, that we can create time with our mind, tell us what that means.

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Tyson Bradley: So I think as I was thinking about this, particularly for your listeners, I was trying to think, what are all the subconscious beliefs that are holding members of the church back? And I just made a list of them. And I was just like, well, this idea that I can't do it all, there's too much to do, it's like I'm always late, when you think about church, even though we're not going to church as much anymore.

Jody Moore: And we're still late for home church.

Tyson Bradley: We're still late, it's like it has to be perfect. I need to do this right. It's like I need to spend a certain time in my calling, it's my responsibility to keep a clean house. I have to take care of my kids. I need to be a good mom and have perfect kids. I have to do 'all the things'.

Jody Moore: Yes. As you say this it's making me think that sometimes as members of the church our quest for obedience and righteousness, we're sabotaging ourselves with that. It's turning into perfectionism, right?

Tyson Bradley: Correct, right.

Jody Moore: What do you think is the difference, Tyson, between, perfectionism, which I think when we use that word, most people recognize that's not healthy usually. But what's the difference between perfectionism and like striving for obedience and righteousness?

Tyson Bradley: I think perfectionism is always tied to our worth. That's like we think that we have to do something and then we have to do it well and then by so doing that's a reflection of how valuable we are and how worthy we are as a person, as a human. But the moment you take out that element of like, hey, you're already 100% valuable, worthy, Heavenly Father loves you no matter what, even if you sat on the couch and did nothing all day. The idea of striving for obedience just becomes something that you want to do. It helps you have a more joyful life.

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And it doesn't become a question of shoulds, should I do this, I should be doing this. I created a list of all the commandments that we have, it's like I should pray. I should read. I should go to church. I should do service. I should do family history work. I should do missionary work.

Jody Moore: Come follow me.

Tyson Bradley: Come follow me. I should magnify my calling. And that's how we talk about it and every time that we – and obviously whenever we put should on anything it's just like it speaks to you, I should, and if I don't then I'm not good enough. I'm not perfect. So that would be my thoughts on that, yeah.

Jody Moore: It's a crazy trap, yeah, I totally agree. And I think we're not going to do it all. I like thinking to myself that Heavenly Father said, "Okay, I'm going to go to Earth, and try to keep all these commandments." And then he is like, "They're going to mess it all up." He knew that.

It wasn't even like he's like, "Well, it's okay, that you messed up." He was just like, "Yeah, they're not going to be able to do it all, and they're not going to do it right. And half the time they're going to do it really wrong." And that was His plan all along, not like something's gone wrong. He's like, "Yeah, everything's going according to plan." And it's crazy, right?

Tyson Bradley: Right. And I mean you go to – I remember even just going to church and sometimes feeling stressed in gospel study, just in the class because by the end there's always a "Hey, we should do this." There's always this, "Hey, we need to be better missionaries, we need to be better at service, we need to be more loving." And I've already got 20 things on my plate and to add another thing, let alone general conference where we get 20 messages in a row all asking us to improve.

Jody Moore: Well, what is the motivation then if it's not like, well, that will make me better, then how do we be motivated to do the things that we've been commanded to do?

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Tyson Bradley: I have a client that I'm working with right now and she's a screenwriter. And it was so fascinating because the last thing that she wanted to do was write, which is required to actually complete that goal.

Jody Moore: Be a screenwriter.

Tyson Bradley: Right, to be a screenwriter. And part of the reason why it was so hard is because all of her worth was tied up in it, in this idea, that's just like if I don't do this right then it's like what am I here for? And it's like if I mess up on this then I fail as a human being. And what was so fascinating is that the transformation that occurred for her was that once she realized that, okay, I'm a 100% all the time no matter what. I could literally not do this, it doesn't matter. I'm still valuable. I could do this and it's great.

And it's like she woke up and was thinking to herself, okay, well, if I could just do something, what would I want to do? And she loves writing. So it's just like I love doing this.

Jody Moore: She's like "I think I want to write."

Tyson Bradley: I just want to, it would be fun, it would be interesting, it would be nice to be on a TV set and to work with people and travel the world and how fun would that be just to experience that? And I remember hearing from another coach just like, "If you've been gifted with the desire for something, you've also been gifted with the ability to accomplish it." And so I always think about what dreams do I have and what if they're there for a reason?

Jody Moore: Yes, that's so good.

Tyson Bradley: And it's just like if they're there for a reason, I honestly think that it is somewhat of a matter of the spirit just like saying, "Hey, look, this is important and you're the one to do it, you have the ability and why else would you have this desire?" So I just like to think in terms of that

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because then it's like the work that I'm doing, it's good, and if it's good, it's of God then let's go.

Jody Moore: Yes, that's good, I love it. Yeah, we have to get out of that mindset of I have to do these things, I think, if we want to solve this problem. The goal is to want to do it and I think also owning that sometimes we don't want to, and we're not there yet. Sometimes I don't want to do my ministering assignment, I'll be honest. I'm just like, I don't even know what to do and we're social distancing and I don't even know these women that they've assigned me. And I find myself being like I don't want to do that.

So as soon as I shame myself and guilt myself, and then it turns into a time problem, I'm like, I'm just so busy, I never have time to get to it. But the real problem is like you said, just the way I'm thinking about it. So where I begin is, I want to want to do my ministering. I can't honestly say that I want to do it yet, but I want to want to, I think it's a good thing to want to do. I know that as I become more Christ like, I will want to do it more, so I'm working on that. And I still do it sometimes when I don't want to. I'm not waiting around for that.

But anyway, yeah, it's pretty awesome, all those thoughts you identified. So are you saying cleaning up all those thoughts is the way that we create time with our mind?

Tyson Bradley: Yeah, I mean that's one of the things, because if we don't even see that part, it's hard to see what's holding us back. And really all the while what's holding us back is just all these things that we think are true, are factual, but they're really just beliefs that we're holding on to that don't serve us. Like you mentioned with ministering, you're just like you could do it, it really doesn't take that long. But because we're under this belief that we have to do it and then we shame ourselves, then what we're really doing is we're just spending time thinking versus doing.

Jody Moore: That's so true.

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Tyson Bradley: And the brain can't tell the difference between what you're imagining and what's real life. And so a lot of reasons why people feel so exhausted is because they're thinking about doing all the things. And it's as though they're actually doing all the things without even doing them. So it's like we are expending all this energy in our brain and then nothing is accomplished.

Jody Moore: Right, so it is interesting, you're right.

Tyson Bradley: So it's super fascinating to just like, you know, you create time with your mind by just seeing those thoughts and then obviously there are ways, just like we have to get it out. We have to get all the things out of our head.

Jody Moore: Okay, so talk to me about that, how do we do that? How do we stop just thinking about it?

Tyson Bradley: Yeah. So I like to think about the brain as kind of like a computer, it's like the thing is it's not meant to be a hard drive where we store a bunch of items. And this is what we do, is we walk about our day and there are requests about I should do this, I need to do this, and this, and this. Other people, there's an email or there's a notification and you respond to them. Yeah, I've looked in the fridge, we're low on milk, there's the kids too, they need this and that.

Jody Moore: Time suckers.

Tyson Bradley: Yeah. So there's going to be all these inputs and what we tend to do is we just store them, and our brain is just like filling up and it doesn't have a very large hard drive. And so this idea, you know, when your computer's working really hard, it overheats and then damages things. And so if we're just keeping all these things in our head, it just doesn't work. And the brain is not meant to – it's not designed for that. What it is, is a processor, it's like here's one thing coming in, come out.

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So it's like if there's something that I need to do I need to get it out of my brain and onto paper, paper is my hard drive, because it can keep it forever, or the computer, or your phone, or whatever, it's like you've got to get it...

Jody Moore: So get it out onto paper or the computer or somewhere. How do you do that? Do you do that daily? Do you do that weekly?

Tyson Bradley: I tend to – I think it's a combination. It's like mostly it's a weekly thing, it's like to have one hour in the week where I am writing everything that I need to do for the upcoming week, it's all getting out of my head, all the, even the projects that I need to do at home, things with my church, I might categorize it. I'm just like, "Hey, what do I need to do at my church calling or what? Let's write all that down. What do I need to do at home? Let's write all that down." And just get it out.

But even with that it's like there are things that come up throughout the week that I hadn't anticipated, that I need to do. And I just write those down, if I can I write it down in the moment. But I think because if you keep something in your brain it's almost like it's just in the background, and stays as chatter. It's like in the backburner.

Jody Moore: Right, and then you forget it?

Tyson Bradley: And then you forget it or it just keeps nagging at you. Sometimes I like to compare it to leaving the refrigerator door open. If you leave the refrigerator door open, your brain is just like, that needs to be closed, that needs to be closed, you need to do that. If you don't close it, the food's going to go bad. And so your brain's going to think that it's important to always remember it. And it'll keep bringing it up when you're trying to focus on something else, and so it's just like can you get it out.

Jody Moore: Okay, I like it. So it's distracting and you can't focus?

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Tyson Bradley: Yeah. The clearer your brain is the easier it is for you to focus on what's in front of you.

Jody Moore: I like the notes app on my phone, it's really old school, I know there's better ways, but I have certain notes. I'll come up with podcast ideas or whatever at the most random, never when it's time to record a podcast, when I'm dropping a kid off at dance or whatever. And so when I have a moment and I'm parked of course, I can pull out my phone, pop it into the podcast list.

I also keep a little notebook in my purse because some things I like to write down physically, instead of type them and I'll just jot stuff down there, like you said, get it out of my head, get it onto paper. Like I forgot, I've got to register this kid for that thing or whatever; again it comes in your brain at the worst time.

Tyson Bradley: And it doesn't matter where you put it, it's just like it just has to get out because then your brain says, "it's been captured, I don't need to think about this anymore."

Jody Moore: Right, it's so good, okay. Then what?

Tyson Bradley: And then it's a matter of having a time set apart where you put those things that you have written down onto the calendar. And I like to think about it's a way of displaying the actions that you do within a certain time. And it's just like there it is, this is just a guide for directing our actions over time and it can be a day planner, it can be your Google Calendar, it can be any method, it just needs to be a place where you know here's what I'm going to do at a certain time. And once you put it on the calendar, it's the hard part for many of my clients and anybody else.

Jody Moore: I was going to say, this is the important part, Tyson.

Tyson Bradley: The important part is actually doing it, is actually doing it.

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Jody Moore: I love when I get a new planner. I like a paper planner because I'm kind of visual. I like to write stuff down. I like to buy a pretty planner. Every time I get a new one I think I am going to stick to this so well. It's like getting new exercise clothes and thinking I'm for sure going to work out now every day. And I'm pretty good at sticking to my calendar now for the most part. But maybe we can talk about this and you can coach me or something, or tell me what to pay attention to. Because I've written a book but I'm in the editing process right now, which is not fun to me at all.

Okay, so I have a lot of negative thoughts, I was just telling my sister-in-law, I'm like, "It's sort of like when I used to sew and I would make a quilt and it takes so long that by the time you get that quilt done you're just like, "I kind of hate this quilt now."" I don't even know, is it ugly or am I just sick of looking at it? And that's how I feel about my book right now. As I'm editing it, I'm just like, "I kind of hate this book. Maybe it sucks. Maybe I should just start from scratch." Or maybe it's fine. Maybe I'm just sick of looking at it.

So anyway, long story short, if you look at my calendar, I did a coaching call and then I had lunch on my calendar and then I had work on book, and then 1 o'clock, Tyson on podcast. Guess what didn't happen on the calendar today?

Tyson Bradley: Working on the book.

Jody Moore: So what do I do now Tyson? Help me, time coach.

Tyson Bradley: Yeah, alright. So the first problem is that the way in which we usually plan our time is very vague.

Jody Moore: Yes, work on book is pretty vague.

Tyson Bradley: Yeah.

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Jody Moore: In fact all it says right here is ‘book’. Okay, so tell me what I should have done.

Tyson Bradley: Yeah. So in terms of pre, how can I break down this thing so that my brain is okay with doing it?

Jody Moore: So should I have put like ‘edit chapter 6 of book’?

Tyson Bradley: Yeah.

Jody Moore: That would have been better, right?

Tyson Bradley: Right. And sometimes for things that are really hard for people, it’s like breaking it down even further. It’s like open Word doc, and edit first sentence, and that’s literally on your calendar. When it’s something so vague, the brain just makes it big. And when it’s big it just overcomplicates it all and becomes less desirable to do. It’s like I don’t want to do that, it’s too hard, that seems too difficult. And the brain’s always trying to keep things easy.

Jody Moore: That is an excellent point, yes. Okay, here’s another question I have is I notice my head wanting to be like, we’ve got to get this done, I have some reasons that you might say are valid, like I am talking to a publisher who kind of wants it. But the publisher is also like, “If it takes you a little longer,” or whatever. But in my head I’m like, no, I have to get this done. It’s ridiculous that I’m dragging it out this long. I have to get it done. And then it feels big and overwhelming, like you said, which is a time thing. I’m in such a rush that I’m making it take way longer.

Tyson Bradley: Right. I am just hearing your thoughts of just like I have to get this done.

Jody Moore: It’s a terrible thought, isn’t it?

Tyson Bradley: Yeah, right, it’s just like...

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Jody Moore: Oh my gosh, you're right.

Tyson Bradley: I sometimes think about what's my intention before I direct my attention? So why am I doing this? Even if you were to take one minute before starting this activity of writing the book or editing a chapter, just by taking one minute to ask yourself why do I want to do this? Why is this important to me? And what's the feeling that I want to fuel this action? Because the way you approach that action will entirely change, and the speed in which you do it entirely changes when you're coming from a place of positive emotion versus negative emotion.

Jody Moore: It's true.

Tyson Bradley: So it's just like if I were to ask you, "Why do you want to do the book?"

Jody Moore: My real reason, when I stop and ask myself that question is I just picture members of our church. The way I've written the book is each chapter is based on a Gospel Principle. And then I share coaching tools and try to connect the dots between the Gospel Principle and a coaching tool. And so I just picture members of our church who have amazing hearts and best of intentions, but they need kind of some concrete tools of how do I?

Like forgiveness for example, in Gospel Doctrine, and agreeing forgiveness is a good thing and we should all do it. And Christ did it and we should do it. And it's for us; it feels good when we do. But then if somebody comes along and does something really terrible, how do you forgive them? So then I give coaching tools. So I picture that person that wants to feel better, live into their values, but doesn't know how. And I just picture that person reading my book and having some insight, strengthening their testimony, and that's why I'm doing it, maybe it will help someone.

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Tyson Bradley: I mean, and even just thinking about that and saying just like, “There’s a reason why I desired to write this book.” And Heavenly Father, He actually wants to help me in this.

Jody Moore: I like that thought.

Tyson Bradley: And me doing this, it’s like to connect Gospel Principles with coaching in the house; it’s going to benefit so many people. This is just fun for me to create this and I know how much people are going to value this and receive so much help from this.

Jody Moore: Or one person, if one person.

Tyson Bradley: Or one person.

Jody Moore: Yeah, that’s really good because when I think about that, it makes me want to get myself out of the way, stop getting in the way of just like there’s somebody who needs my help, let’s just stop the drama, and the indulgence, of like I’m sick of this. Well, too bad, you’re not done yet. It is a really helpful way to redirect my energy you could say. Heavenly Father wants to help me with this, so I don’t have to be an amazing writer, I don’t have to be great at any of this. There’s editors, there’s people who know a lot more.

I just need to show up and do what I can do, that’s it, and the Lord will take care of the rest and other people will take care of the rest.

Tyson Bradley: Right, yeah. I mean this idea of breaking things down, so we’re setting up our brain for success in terms of not making it so big and overcomplicating things. And then we infuse belief and energy into our brains, and before we even do the task, so that this isn’t actually that hard and I want to do it.

And once you get into something, even just that starter, which is why I say, sometimes you might even just need to break it down to what’s that two to

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five minute task that I need to do to just get started? Because if I can do that and if I can feel motivated to do that then I'm in it. And then I just go.

Jody Moore: I can't remember the name of the author, but have you ever read the book, *Begin with Yes*?

Tyson Bradley: Uh-hm.

Jody Moore: We'll look up the author; we'll put in the show notes. But it's a short read, but it's all about what you're just describing there, which is the power of momentum. So it's all about, if you can just begin with a yes then momentum will carry you through. And we've all experienced that, when you finally start cleaning out the closet and you get into a rhythm. And you're like, "Why didn't I do this forever ago? It's actually not hard. It's actually kind of even fun."

Tyson Bradley: And it feels amazing to just get momentum.

Jody Moore: It's just getting yourself started is the hardest part and have little successes along the way with a big project.

Tyson Bradley: And one question that I like to ask myself when I'm planning, so it's like, I'll look at the week, I need to plan everything out. And then I look at the calendar and I ask myself, on a scale of one to ten how likely am I to do all these things within the time that I've given myself? And if it's not eight or higher then I know I need to make some alterations, because what we tend to do as humans is we overestimate how much we can do in a short amount of time.

Jody Moore: That is so true.

Tyson Bradley: And for me, it's like I have this idealistic Tyson that can do, can just go, go, go, go, go, and that's what I think about.

Jody Moore: You see, I picture Tyson as really like that, but anyway.

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Tyson Bradley: Right. And for the most part that's kind of how I am. I'm pretty like go, go, go.

Jody Moore: Yeah, you do a lot.

Tyson Bradley: Next thing, next thing. But when I am able to just ask myself that question and it allows my present future self, if that makes sense. To go to that day as if I'm living it and to do some kind of reality checking, to be able to say, "Okay, if I was really going through that, what's likely to happen?" Yeah, the kids aren't going to nap. Or, yes, this is going to take much longer, or you're going to probably not want to do that. And just having that space for yourself to just be kind, but also challenging, that's kind of [inaudible].

Jody Moore: So really plan realistically, you're saying?

Tyson Bradley: Yeah, it's like the question just helps to plan realistically because the tendency is that we are unrealistic in our planning and we shoot ourselves in the foot because when we don't honor our calendar, it's just another opportunity for ourselves to judge ourselves.

Jody Moore: And then not trust ourselves in the future.

Tyson Bradley: Right, right.

Jody Moore: Yeah, that's good, I like that, plan realistically, okay. One more question, what is the first thing that you recommend? Like you said we have our categories, we have church, work, family, personal, whatever. Where do you begin when you go to map out your calendar for the week?

Tyson Bradley: I actually begin planning my free time because a lot of times that's usually the last thing people calendar is their own personal time. And so just by setting apart – mine's kind of automated in the sense of I always know when I'm going to have free time, it's in the morning and evenings, because I do it on a Google Calendar and just knowing that I

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have time set apart for me, it helps with rejuvenating ourselves and it recharges the battery.

If people are, you know, many of my clients, when they're just so go, go, go, they don't even have a moment to themselves to pause. And it's kind of like, say that you're riding a bike; you're riding, riding, riding, riding. You're trying to get to where you want to go, which is just a better life or whatever goal you have. And you get pretty tired riding a bike for a long distance. And then I come over and I'm like driving in a car by you and I say, "Hey, look, stop the bike, let's get in the car, we'll program the GPS where you want to go." And then you're set, it'll be so much easier, so much faster.

But we're so go, go, go, we're just like, "I can't stop, if I stop..."

Jody Moore: I can't get off this bike.

Tyson Bradley: If I get off this bike I'm going to lose so much distance, I'm not going to get as far.

Jody Moore: And I don't have time to stop and get off the bike.

Tyson Bradley: I don't have time, and this is what happens on a day-to-day basis, even if we're talking throughout the day, we've got, "I've got so many things to do. I can't stop and pause." Even though my brain is about to burst, I'm overwhelmed. It's like if ever you sense that you're overwhelmed, it's like that's the call, that's me telling you, "Hey, look, let's get in the car, let's put the bike away, let's program in the GPS, let's take a moment. Let's write out everything out, put it onto paper and then move forward from there." And you get so much further so much faster.

Jody Moore: Yeah, I love that analogy, I sort of try to remind myself when it comes time to plan my calendar and I think I don't have time to sit and write a plan, I need to get going, I need to start making this stuff happen. I think getting off the bike, putting it in the car like you said is to me the equivalent of creating a plan, because planning is not my favorite, I'll be

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honest. I've learned to do it pretty well with my calendar. I'm learning now to do it pretty well with my food. But I have to be willing to learn it and then it really is like getting in the car.

Tyson Bradley: And I think planning your free time first helps planning just become, maybe it's that starter to, like the reason for planning, it's like, hey, look, this is about me designing my life, and really controlling it in a way that serves me most. And so it's like for me to just set apart some free time and some space for myself, then I'm not hustling as much. And you'd be surprised as to how much more you can accomplish when you do that.

Jody Moore: Love it. Alright, Tyson Bradley, well, if people want to learn more from you or get more help from you, where can they go?

Tyson Bradley: tysonbradley.me.

Jody Moore: Okay, and it's Bradley with an e.y. We'll put it in the show notes, but tysonbradley.me.

Tyson Bradley: Someone stole .com and it kind of makes me mad.

Jody Moore: That's rude.

Tyson Bradley: I know.

Jody Moore: Jody Moore, if you spelled Jody with a different spelling is a porn star's name.

Tyson Bradley: I think I've heard you say that and I'm like that's unfortunate.

Jody Moore: Well, people tell me that all the time, "Do you know?" I'm like, "Yes, I know, I'm well aware."

Tyson Bradley: Okay, thanks for letting me know.

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Jody Moore: Yeah. So when I first started my coaching practice I went by the name Bold New Mom because – and as Yogi told me, “You don’t want to compete with a porn star, you’re never going to win.” I mean I think he meant it in a nice way.

Tyson Bradley: There you go.

Jody Moore: But anyway, so years later I decided, you know what, I don’t care, I bet I can beat that porn star. I mean don’t search for the porn star, you guys, but I’m just saying, it’s interesting, domain names.

Tyson Bradley: That’s where you can find me and...

Jody Moore: tysonbradley.me.

Tyson Bradley: Yeah.

Jody Moore: Okay. And I want to say to any of you that feel overwhelmed, and stressed, and you think that you have too much to do, I promise you, you don’t. I promise you, it’s your head, because I bet there’s not a lot of people that do more in a day than Tyson Bradley or myself, I’ll just say. And it’s because of what we know and it’s because of the coaching that we use on ourselves. And as you heard today, that I still have to use ongoing, and I’m sure Tyson does too.

So hire a time coach because you learn these kinds of skills around an area that you want to progress in, like time. But they’re going to apply to so many other areas of your life. That’s what I love about coaching is it’s like, you’ll be able to use it in your relationships, with your food, with your – like anything else you want to achieve, I mean obviously time applies to everything.

But I love choosing us, this is why I get a different coach every six months or so because I think now I want to learn this topic and advance myself in this way. But it all has an effect on everything in your life, don’t you think?

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Tyson Bradley: It's like when I first joined the Life Coach School; it's like they had overeating and overdrinking. And I'm just like I don't need help with either of those.

Jody Moore: You don't struggle with either of those.

Tyson Bradley: I'm a skinny guy, so it's like time management.

Jody Moore: He's a skinny Mormon guy, so.

Tyson Bradley: I'm a skinny Mormon guy, so I don't really drink or have problems overeating so just like the place that was so helpful for me is just, well, how do I actually honor my calendar, because there's urges there too, you're always going to have an urge to distract or to look at your phone. And so it's the same thing.

Jody Moore: It's the same work, right?

Tyson Bradley: You master it and it applies to so many other areas, and that's why I love it, so.

Jody Moore: Yeah, so good, alright, Tyson, thank you so much for coming on.

Tyson Bradley: Yes.

Who is your life coach? If you don't have one I would be so honored to be your coach. I created a virtual coaching program called Be Bold that I want to invite you to join me in. We can address challenges, we can work on goals, and we can do it in so many different ways.

We have group coaching, individual private coaching, and online chats along with hundreds of hours of courses and content that I've created just for you. When you're ready to really take what you're learning on the

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