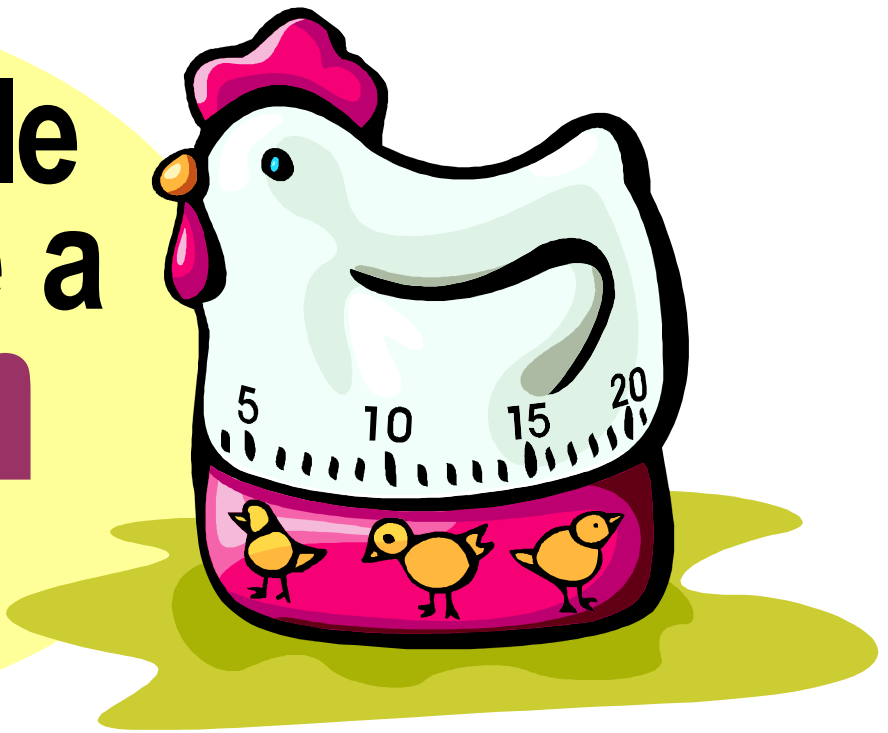


11 Cute Little Ways to Use a Kitchen Timer



...But don't use the kitchen timer that's in your kitchen now; buy a few more for use in other parts of the house.

1 As a reminder to make a telephone call.

2 To limit telephone conversations that tend to get lengthy. Set the timer for five minutes, then pour on the assertiveness and end the call.

3 As a way to deal with procrastination, use the timer to get started and take the first step. For example, set the timer for 10 minutes and promise to work on the project when it goes off. As an alternative, promise to work on the project for ten minutes and then quit. Chances are you will want to continue rather than quit (fooling yourself into productivity!)

4 As a way to get started on exercising or to keep track of exercising: "I'll exercise for just 15 minutes." Again, chances are you'll keep going.

5 As a way to motivate yourself to do the housecleaning: "I'll spend only 10 minutes picking up." (You'll discover that you can get a lot done in 10 minutes!) This one works especially well for messy offices and disposing of clutter.

6 Play "Beat the Clock" to get all the chores done around the house before the timer goes off — or pick another chore or activity that you tend to stop in the middle of and quit before you are done. You will discover that you ignore a lot of distractions that normally get in your way.

7 As a reminder to turn off the stove or the sprinkler, take a faster shower, or conserve other resources associated with water or electricity to support conservation and "greener" living.

8 To tell you when it is time for something, e.g., a television special or a favorite radio program. (Allow time to make popcorn.)

9 As a way to time an argument. As an alternative, each person gets a one- or two minute dial on the timer. A egg timer (an hourglass-type egg time works even better for this application.) As long as the timer is going, one partner gets to speak without being interrupted. (Ouch!)

10 As a way of helping a small child cope with waiting time. If a youngster wants your attention when you can't give it, set the timer for when you'll be finished with your task. Tell the child to play until the bell goes off and then you'll read him or her a story, play a game, etc.

(Don't feel guilty because you are tied up at the moment. It's OK for children to learn patience.)

11 As a way to time "turns." When two preschoolers get into a difficult argument over whose turn it is to play with a certain toy, give each of them five minutes with the item. The ringing bell signals that the turn is over (teaches self-control, an early, valuable skill that some people never learn.)