

# The Tinker Quickstart Guide

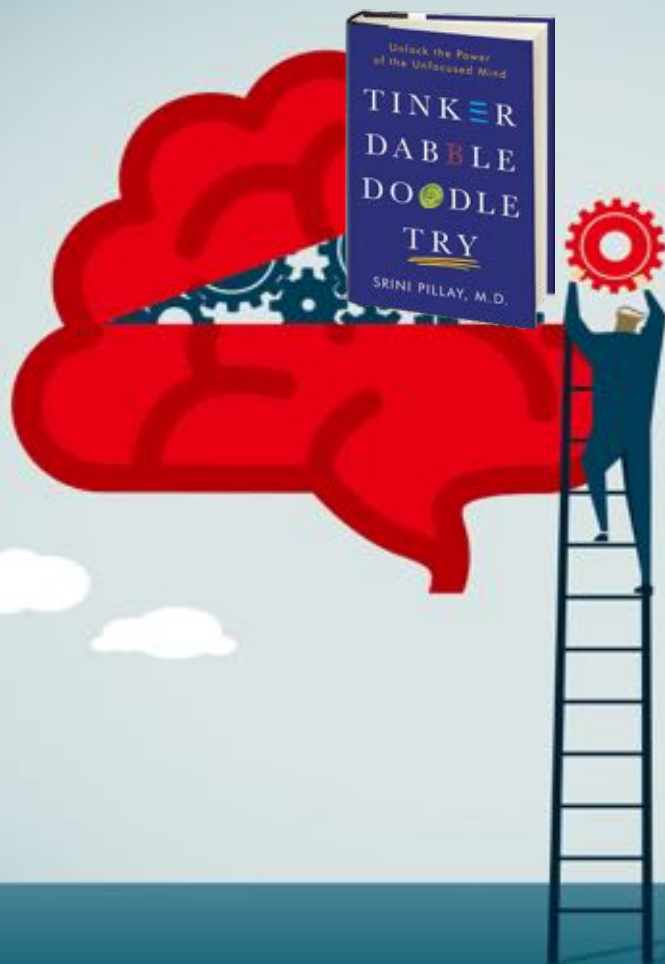
Get a Jumpstart on Productivity, Creativity  
and Meaningful Lifestyle Changes©

Based on

“Tinker, Dabble, Doodle, Try: Unlock the Power of the Unfocused Mind”  
(Ballantine Books, 2017)

by

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# DR SRINI PILLAY

## Welcome

You've got the book. Now let's do something with it. People want this book for different reasons. Either they want to build more downtime in their lives, and are not quite sure how; or they want to get more productive, and have tried every focus idea they could; or they realize that they can't focus more, and want to know what to do with their unfocused minds.

The book has a wealth of information and research in it, but sometimes, you can get lost in this dense information. You just need a leg-up. That is what this guide is for. It's a quick-start guide to help you use your TinkerTable to the best effect for YOU.

In this QuickStart Guide, you will find 5 possible days that you can mimic. Use your TinkerTable together with this to maximize your chances that you will actually do any of this. Remember, your brain is wired to change, but it will resist any new ideas you have, especially if they take energy and are unfamiliar. Before you get started, make a table of why your desired change is so much better. For example:

<b>My Life After The TinkerTable</b>	
1	Less stress
2	More free time
3	More productive
4	More creative
5	More meaning

Do this until your brain is convinced. Then use one of the day programs below to get you started. Let's go!



**Sample Day 1**

<b>TIME</b>	<b>TINKER ACTIVITY</b>
06h00-07h00	Morning meditation activity <ul style="list-style-type: none"> <li>- Use mindfulness or transcendental meditation</li> <li>- Alternative: Go on a walking meditation (Walk, let your mind wander)</li> </ul>
07h00-10h00	Work and chores
10h00-10h30	First Tinker Break <ul style="list-style-type: none"> <li>- Walk with possibility thinking</li> <li>- Ask: What do I want? What if it were possible? What have other successful people in my position done?</li> </ul>
10h30-12h00	Work and chores
12h00-13h00	LUNCH
13h00-13h10	Gut-Brain Negotiation <ul style="list-style-type: none"> <li>- 10 minute nap: clarity improves</li> </ul>
13h10-15h00	Work and chores
15h00-15h15	Positive Constructive Daydreaming Time <ul style="list-style-type: none"> <li>- Choose a safe spot to daydream</li> <li>- Start with wishful, playful imagery; Close your eyes; Wander</li> </ul>
15h15-17h00	Work and chores
17h00-17h15	Reframing time: What was the best part of my day?
17h15-Bedtime	End of day activities



**Sample Day 2**

<b>TIME</b>	<b>TINKER ACTIVITY</b>
06h00-07h00	Beginning of day reframe - Three things I am grateful for today
07h00-10h00	Work and chores
10h00-10h30	First Tinker Break - Aerobic Workout: Fast workout or quick gym visit
10h30-12h00	Work and chores
12h00-13h00	LUNCH
13h00-13h15	Positive Constructive Daydreaming Time - Choose a safe spot to daydream - Start with wishful, playful imagery; Close your eyes; Wander
13h15-15h00	Work and chores
15h00-16h30	Afternoon Slump Rejuvenation - Why work on low speed? - Nap for 90 minutes to increase your creativity
16h30-17h30	Work and chores
17h30-17h45	Possibility Thinking (Walk or sit) - Ask: What do I want? What if it were possible? What have other successful people in my position done?
17h45-Bedtime	End of day activities



### Sample Day 3

TIME	TINKER ACTIVITY
06h00-07h00	Workout - Nice workout with weights and aerobics
07h00-10h00	Work and chores
10h00-11h00	Psychological halloweenism - Embody and act like a desired other while working
11h00-12h00	Work and chores
12h00-13h00	LUNCH
13h00-13h30	Possibility Thinking Walk - Walk with possibility thinking - Ask: What do I want? What if it were possible? What have other successful people in my position done?
13h30-15h00	Work and chores
15h00-15h15	Imagery time - Surf the net - Stare at a image you like, then imagine it with eyes closed
15h15-17h00	Work and chores
17h00-17h30	Pond walk or similar expedition - Maybe take a safe detour too
17h30-21h30	End of day activities
21h30-22h00	Meditation - Use mindfulness, transcendental meditation, headspace, or a Muse device



**Sample Day 4**

<b>TIME</b>	<b>TINKER ACTIVITY</b>
06h00-07h00	Rough and tumble play - With partner/spouse or child
07h00-08h30	Workout - Weight lifting and aerobics
08h30-11h00	Work and Chores
11h00-11h15	Feedback assessment - Check out local feedback
11h15-12h00	LUNCH
12h00-12h15	Doodling time - Choose a safe spot to doodle while checking messages
12h15-15h00	Work and chores
15h00-15h30	Afternoon Slump Rejuvenation - Meditation
15h30-17h30	Work and chores
17h30-17h45	Revisit Tinkertable and make adjustments
17h45-21h00	End of day activities
21h00-21h30	Imagery game with partner or friends - Build an image together - Allow one adjustment for each person - Build then image, then make it stronger (e.g. include smell)



**Sample Day 5: Weekend Day**

<b>TIME</b>	<b>TINKER ACTIVITY</b>
06h00-07h00	Early morning walk (alone or with family) - Make one circle or zigzag on your path
07h00-08h30	Breakfast imagery/daydream/possibility thinking combination - Share images of the best life possible with family
08h30-10h00	Meditational cleaning/chores - Get in the zone and think of your chores as meditation
10h00-12h00	Leisurely Workout - Shorten if necessary, but try to have one such workout a week
12h00-13h00	LUNCH
13h00-14h30	Nap - Nap for 90 minutes to increase creativity
14h30-16h00	Complete a task requiring creativity
16h00-17h00	Gardening - Or choose an equivalent low-demanding activity that you like
17h00-17h30	Rough and tumble play - With partner spouse or child
17h30-19h00	Dinner or date with psychological halloweenism game
19h00-21h00	End of day activities
21h00-21h30	Doodle while watching TV



## Conclusion

These sample days are simply guides. You can switch out the times or exercises. At first, it may seem daunting to have THAT much TinkerTime, but the reality is that this is not as much as you think. Three hours of TinkerTime in your day is 12.5% of your day. Spending that time to train a part of your brain that eats up 20% of your energy is a smart way to do things. (Effort only adds another 5% more energy demand.) Still, if this seems like too much, consider the following:

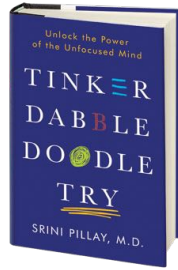
1. Start with 15-30 minutes per day, or even per week if you are really stretched.
2. Make workouts compulsory if your doctor approves this. Don't sacrifice obvious benefits like this.
3. Start with the exercises you like most. Then try others.
4. Find an accountability partner who will help you execute on this plan.
5. When you're stuck or unable to make time, go back to the first table you made.
6. If you fall off the Tinker wagon, have no fear. You can always get back on again.
7. Read "The Tinker Manifesto" when you are stuck. It will help to jumpstart your mind.

You should be proud of this investment in your life. It may involve a lot of time for YOU, but because the unfocus circuits also register the thinking of others, it will help them feel more understood too.

More help is coming if you need it. But for now, this quick start guide should get you going!



By me...**FOR YOU**



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