

23 is a lot! How are you going?

Don't stress. 23(rd)Things is for **you** -
Here are some ideas to help you catch up or
keep going on your 23(rd)Things journey.

- **Do your own Thing-audit:** download the [poster of Things](#) and tick off the Things you want (or need) to know – concentrate on these and leave the rest for later
- **3 activities for each Thing!?** Just have a go at one Thing activity, and keep the other 2 activities for later
- **Grab a coffee and a colleague:** sit down and knock off a couple of Things together
- **Me time:** put your 23T time in your diary each week and ask people not to schedule meetings during your 23T time - not always possible but it's worth a try
- **Skip a couple of Things** every now and then, especially if you feel that it's not something you need to be across right now.
- **One in, All in!** why not getting together with a few colleagues to complete a few Things and discuss at the same time. Saves time and contextualises your learning straight away.
- **Take a Break:** set yourself a target time but if life starts getting in the way, restart your schedule in a few weeks. There's no set time to get this done – 23 (research data) Things can run to your timetable.
- **Remember:** the materials will be there for a while – do what you can and come back later (but put a note in your diary to remind yourself!)