10 Essential Tips to Be Productive at the Workplace
Plan your day in advance
Delegate tasks
Set SMART goals
Optimize your work environment
Limit multitasking
Use technology wisely
Take regular breaks
Practice time blocking
Minimize meetings
Practice mindfulness and stress management

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Productivity Guide: How To Get Focused At Work? Chris Diamond, Are you getting sidetracked from your work as a result of distractions worrying wondering and curiosity Today we do not just live in the information age but in the Distractions Age There s so much going on around us but our available time seems to shrink even more I decided to create this productivity report for a few reasons 1 Busyness does not always mean productive work You ll learn how to get clean focus and improve your concentration on your tasks in order to get them done without procrastinating and postponing the important stuff Moreover you ll feel less busy and accomplish a lot more as a result 2 Most people consider multitasking as a good strategy to get things done Now that s very disturbing to me because I am going to show you how multitasking can HURT your productivity and what you have to do instead page 5 3 Most business owners hesitate about opportunities and not taking proper action to get things done I am going to show you how to battle this temptation and break free from the paralysis of fear and uncertainly that are causing inaction doubts and procrastination A good analogy of this is when you go to swim on a public swimming pool People who are about to jump in ALWAYS bother those who are already in the pool with the boring questions Is the water warm How deep is it Can I jump in What if I drown Just get in there and see for yourself The vary same hesitation is causing people to neglect opportunities for achieving a better lifestyle in their business You ll learn what you need to do to eliminate this hesitation and jump in the pool with other successful people You become who you surround yourself with 4 A lot of people react on things based an emotional impulse I am going to outline the difference between REACTION and RESPONSE page 7 That s because if you can t distinguish the urgent from the important you are less likely to achieve the result you want 5 Most people confuse activity with productivity If you understand the difference between both you ll be able to focus and become dramatically more productive at your work page 7 6 Most of us have a lot that s going on in our heads We can t clearly focus on things because we have all those distracting thoughts while trying to work I am going to show you a very powerful technique that s going to solve this problem once and for all page 8 Surprisingly enough I ve learned this from Bruce Lee I do not know anything about martial arts in order to apply his principles You ll see what I mean when you get to page 8 of this productivity report 7 A lot of people today with the invention of Facebook Twitter and other time wasters on the Internet find a hard time to organize their time for work Even if you have a lot of commitments demands and obligations you are always short on time to work and do what s important to you That s why in this productivity report I am going to show you how to work more effectively spending less time to work and accomplishing a lot more as a result See page 10 What does Golden Nuggets Edition mean This productivity report is a result of a lot of research and study from various sources on time management and personal productivity It contains powerful strategies on how to get more focused which took me literally YEARS to learn through trial and error Important All purchases of this title How To Improve Concentration And Stay Focused At Work will get an additional Productivity Report Unleash Your Profit Potential By Killing

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