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| The Unexpected Key to Boosting Your Productivity, TED series, The Way We Work | Dan Shipper | 2023/09/09 |
| Boost Productivity | * Learn to recognize and work with our emotions is the only way to be productive day to day. | |
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| Emotions | * Guilt, shame, fear, doubt🡪Cannot see things clearly | |
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| Awareness | * Be aware when there is a problem in your productivity * Reality: Hope it goes away than to admit that somethings wrong * Examples of solutions: journaling, mindfulness, walk, therapy | |
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| Observation | * Observing without judgement so it can be understood * What leads to the lack of productivity? Need to be able to observe the point where you lack productivity. * Examples of solutions: shift in workflow, triggers, busy period in life | |
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| Experimentation | * Keep experimenting with systems or teams, mindsets and tools until it changes * Try solutions to find out what works but can be boxed in by preconceptions * Examples of solutions: New work space, software system, take one step at a time | |
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| Identify solutions | * Split a virtual assistant to provide reminders or alerts, create a to do list, set aside interval of time to do work, one step strategy, don’t ignore the problem in general | |
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| Summary:  By being aware and observing how our emotions affect us opens up the flexibility and freedom to boost your productivity | | |