

feel good productivity

feel good productivity is transforming the way individuals and organizations approach work and daily routines. Rather than relying solely on hustle culture or rigid time management techniques, feel good productivity emphasizes the importance of well-being, motivation, and sustainable habits to enhance effectiveness. This article explores how adopting a feel good productivity mindset can increase output, boost creativity, and maintain long-term motivation. Readers will learn practical strategies to cultivate positive emotions, manage energy, and leverage self-awareness for improved performance. By the end, you'll understand how to build a productive life that feels rewarding, balanced, and meaningful—whether you're working remotely, leading a team, or striving for personal growth.

- Understanding Feel Good Productivity
- The Science Behind Productivity and Well-Being
- Key Principles of Feel Good Productivity
- Strategies to Boost Productivity and Feel Good
- Building Sustainable Habits for Long-Term Success
- Common Challenges and Solutions
- Feel Good Productivity in Remote Work and Teams
- Practical Tools and Resources
- Conclusion

Understanding Feel Good Productivity

Feel good productivity is an approach that blends achievement with well-being, ensuring that productivity does not come at the expense of happiness or health. The concept recognizes that feeling good—mentally, emotionally, and physically—is essential for sustained motivation and high performance. Unlike traditional productivity methods that prioritize output above all else, feel good productivity focuses on aligning tasks with intrinsic motivation, values, and positive emotions. This holistic approach encourages individuals to work in ways that are energizing and fulfilling, making productivity a source of joy rather than stress.

Core Elements of Feel Good Productivity

There are several key components that underpin feel good productivity:

- Intrinsic motivation and purpose-driven work
- Mindful time and energy management
- Positive emotional states and self-care
- Resilience and adaptability

By understanding and applying these elements, people can achieve more while feeling better about their progress and well-being.

The Science Behind Productivity and Well-Being

Research in psychology and neuroscience shows that happiness and productivity are deeply intertwined. Studies demonstrate that positive emotions can improve cognitive performance, enhance creativity, and strengthen problem-solving abilities. When individuals experience joy, gratitude, or purpose, they are more likely to engage deeply with tasks and maintain focus over time. Cortisol levels decrease, leading to better stress management and overall health.

Impact of Well-Being on Performance

Organizations that prioritize employee well-being see higher engagement, lower turnover, and increased innovation. Individuals who integrate self-care and emotional regulation into their routines report greater satisfaction with their achievements and are less susceptible to burnout.

Scientific Benefits of Feeling Good

- Improved memory retention and focus
- Lower stress and anxiety levels
- Greater motivation and persistence
- Enhanced problem-solving and creativity

These findings support the foundation of feel good productivity as a legitimate and effective approach for personal and professional growth.

Key Principles of Feel Good Productivity

Several principles guide the practice of feel good productivity. These principles help individuals and

teams foster positive work environments and productive habits that feel rewarding rather than draining.

Alignment with Personal Values

Productivity increases when tasks are meaningful and aligned with personal or organizational values. Purpose-driven work provides motivation beyond external rewards, leading to sustained engagement.

Self-Awareness and Emotional Intelligence

Understanding emotions, strengths, and limitations allows for smarter goal-setting and task management. Emotional intelligence helps individuals navigate challenges, maintain motivation, and collaborate effectively.

Balance Between Work and Recovery

Feel good productivity emphasizes the importance of regular breaks, downtime, and self-care. Balancing focused work with relaxation prevents exhaustion and supports long-term productivity.

Strategies to Boost Productivity and Feel Good

Practical strategies are essential for implementing feel good productivity in daily life. These methods can be customized to suit individual needs and work styles.

Mindful Time Management

- Prioritize tasks based on energy levels and motivation
- Use time-blocking to protect focus periods
- Schedule regular breaks for rest and reflection

These techniques help maximize effectiveness while maintaining a sense of well-being.

Positive Habit Formation

Building habits that support productivity and happiness involves starting small, celebrating progress, and maintaining consistency. Tracking successes and learning from setbacks fosters resilience and growth.

Creating a Supportive Environment

Physical and digital spaces influence mood and productivity. Organize workspaces to reduce clutter, add uplifting elements, and limit distractions for a more enjoyable and productive atmosphere.

Building Sustainable Habits for Long-Term Success

Sustainability is crucial for feel good productivity. Habits that drain energy or require constant willpower are unlikely to last. Instead, focus on routines that are enjoyable and adaptable.

Habit Stacking and Positive Reinforcement

- Pair new habits with existing routines
- Reward progress with positive reinforcement
- Adjust habits according to changing needs

These techniques build momentum and make productivity feel effortless.

Tracking Progress and Reflecting

Regular reflection helps identify what's working and what can be improved. Journaling, productivity apps, and feedback from peers support continuous growth and personal satisfaction.

Common Challenges and Solutions

Adopting feel good productivity is not without obstacles. Stress, distractions, and negative self-talk can hinder progress. Understanding these challenges and applying practical solutions ensures ongoing success.

Overcoming Procrastination

Procrastination often stems from fear, overwhelm, or lack of motivation. Break large tasks into smaller steps, set clear intentions, and use accountability partners to stay on track.

Managing Stress and Burnout

- Practice mindfulness and relaxation techniques

- Set realistic expectations and boundaries
- Seek social support and professional guidance when needed

These approaches help maintain a healthy balance between productivity and well-being.

Feel Good Productivity in Remote Work and Teams

Remote work presents unique challenges and opportunities for feel good productivity. Distributed teams benefit from flexibility but may struggle with isolation, motivation, and communication.

Promoting Well-Being in Virtual Teams

- Encourage regular check-ins and open communication
- Offer resources for mental health and self-care
- Foster a culture of recognition and appreciation

These practices help remote teams maintain positivity and productivity, even when working apart.

Remote Work Productivity Tips

- Create a dedicated workspace for focus
- Set clear goals and daily priorities
- Integrate movement and relaxation into routines

Implementing these tips supports both individual and team well-being in remote environments.

Practical Tools and Resources

Numerous tools and resources are available to support feel good productivity. From digital apps to mindfulness practices, these solutions help individuals and teams maintain motivation and track progress.

Recommended Productivity Tools

- Task management apps for organization
- Meditation and mindfulness platforms
- Habit tracking tools and journals
- Pomodoro timers for focused work sessions

Selecting tools that fit your style enhances productivity and makes the experience more enjoyable.

Conclusion

Feel good productivity offers a refreshing alternative to traditional productivity models by prioritizing well-being alongside achievement. By understanding the science, applying practical strategies, and leveraging supportive tools, individuals and organizations can cultivate sustainable habits that feel rewarding and effective. Whether you're working remotely or managing a team, integrating feel good productivity principles can lead to greater satisfaction, higher output, and a more meaningful work-life experience.

Q: What is feel good productivity?

A: Feel good productivity is an approach that combines effective work habits with practices that enhance well-being, motivation, and satisfaction. It emphasizes achieving goals in ways that feel rewarding, sustainable, and balanced.

Q: How does feel good productivity differ from traditional productivity?

A: Traditional productivity often focuses solely on output and efficiency, sometimes leading to stress or burnout. Feel good productivity prioritizes both achievement and personal well-being, ensuring that progress feels positive and sustainable.

Q: What are the key benefits of feel good productivity?

A: Key benefits include increased motivation, reduced stress, improved focus, greater creativity, and higher overall satisfaction with work and life.

Q: Can feel good productivity help reduce burnout?

A: Yes, by promoting self-care, mindful time management, and emotional awareness, feel good

productivity helps prevent burnout and supports long-term mental health.

Q: What strategies support feel good productivity?

A: Strategies include aligning tasks with personal values, using mindful time management, taking regular breaks, building supportive environments, and practicing positive habit formation.

Q: Is feel good productivity suitable for remote work?

A: Absolutely. Feel good productivity is highly effective in remote work settings, helping individuals and teams maintain motivation, well-being, and collaboration despite physical distance.

Q: How can organizations foster feel good productivity among employees?

A: Organizations can encourage open communication, provide resources for mental health, recognize achievements, and create flexible work policies that support individual well-being.

Q: What tools can help implement feel good productivity?

A: Useful tools include task management apps, meditation platforms, habit trackers, and Pomodoro timers for focused work sessions.

Q: How can I get started with feel good productivity?

A: Begin by identifying tasks that align with your values, set realistic goals, incorporate regular breaks, and choose tools that support both productivity and well-being.

Q: What are common challenges to adopting feel good productivity?

A: Common challenges include overcoming procrastination, managing stress, maintaining motivation, and adapting habits to changing circumstances. Solutions involve self-awareness, resilience, and consistent reflection.

Feel Good Productivity

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Feel-Good Productivity: Achieving More While Feeling Amazing

Feeling overwhelmed and stressed by your to-do list? Productivity doesn't have to be a grueling uphill battle. This post unveils the secrets to achieving "feel-good productivity"—a system where you accomplish your goals while simultaneously boosting your well-being. We'll move beyond the hustle culture and explore strategies to build a sustainable, joyful approach to productivity that truly works for you. Prepare to ditch the burnout and embrace a more fulfilling and effective way of working.

Understanding the Feel-Good Productivity Mindset

The core of feel-good productivity lies in shifting your perspective from a purely task-oriented approach to one that prioritizes your overall well-being. Instead of relentlessly pushing yourself until you collapse, feel-good productivity emphasizes mindful work habits, self-compassion, and a healthy work-life integration. It's about creating a system that supports your mental and physical health while boosting your efficiency. This isn't about doing less; it's about doing better, with more intention and less stress.

Prioritizing Self-Care: The Foundation of Feel-Good Productivity

Before diving into tasks, prioritize self-care. This isn't a luxury; it's a necessity for sustained productivity. Think of it as preventative maintenance for your mental and physical engine.

H3: Incorporating Mindfulness and Meditation

Even a few minutes of daily mindfulness or meditation can significantly reduce stress and improve focus. These practices cultivate present moment awareness, helping you approach your work with greater clarity and calm.

H3: The Power of Movement and Physical Activity

Regular exercise isn't just about physical health; it's a powerful tool for boosting mood, reducing stress, and sharpening cognitive function. Find an activity you enjoy, whether it's a brisk walk, yoga, or a high-intensity workout.

H3: Nourishing Your Body with Healthy Foods

What you eat directly impacts your energy levels, focus, and overall well-being. Prioritize whole, unprocessed foods, stay hydrated, and minimize sugary drinks and processed snacks.

Strategic Task Management for a Less Stressful Day

Effective task management is crucial for feel-good productivity. Avoid overwhelming yourself with long, unstructured to-do lists.

H3: The Art of Time Blocking

Time blocking involves scheduling specific blocks of time for particular tasks. This approach promotes focus and prevents task-switching, which can significantly reduce efficiency and increase stress.

H3: Prioritization Techniques: Eisenhower Matrix and Pareto Principle

The Eisenhower Matrix (urgent/important) and the Pareto Principle (80/20 rule) are powerful tools for prioritizing tasks. Focus on high-impact activities that yield the most significant results.

H3: Breaking Down Large Tasks into Smaller, Manageable Steps

Overwhelming tasks often lead to procrastination and stress. Break down large projects into smaller, more manageable steps to make them less daunting and more achievable.

Setting Realistic Goals and Celebrating Successes

Feel-good productivity is not about striving for perfection; it's about consistent progress.

H3: The Importance of Realistic Goal Setting

Set realistic, achievable goals. Avoid setting yourself up for failure by aiming too high, too soon. Celebrate small wins along the way to maintain motivation and a positive mindset.

H3: Practicing Self-Compassion and Embracing Imperfection

Be kind to yourself. Perfectionism is a productivity killer. Acknowledge your efforts, learn from mistakes, and celebrate your progress, regardless of setbacks.

Building a Sustainable System: Long-Term Feel-Good Productivity

Feel-good productivity isn't a quick fix; it's a lifestyle choice. It requires consistent effort and a commitment to prioritizing your well-being.

H3: Regular Review and Adjustment

Regularly review your system and make adjustments as needed. What works for you today might not work tomorrow. Be flexible and adaptable.

H3: The Importance of Rest and Downtime

Adequate rest and downtime are essential for preventing burnout and maintaining long-term productivity. Schedule regular breaks, prioritize sleep, and engage in activities that help you relax and recharge.

Conclusion

Feel-good productivity is not about working harder; it's about working smarter and kinder to yourself. By prioritizing self-care, practicing effective task management, and setting realistic goals, you can create a sustainable system that allows you to achieve your goals while simultaneously enhancing your well-being. Embrace this approach, and watch your productivity and happiness soar.

FAQs

1. How do I deal with procrastination when practicing feel-good productivity? Start small! Break down tasks into tiny, manageable chunks. Reward yourself for completing these mini-goals. Focus on the positive feelings of accomplishment rather than the daunting nature of the overall task.
2. What if I don't have time for self-care? Self-care isn't a luxury; it's an investment in your productivity and well-being. Even 5-10 minutes of mindfulness or a short walk can make a difference. Integrate small acts of self-care into your daily routine.
3. How can I prevent burnout while striving for feel-good productivity? Prioritize rest and downtime. Learn to say no to commitments that overwhelm you. Practice self-compassion and celebrate your achievements, no matter how small.
4. Is feel-good productivity suitable for everyone? Yes! The principles of feel-good productivity are applicable to everyone, regardless of their profession, lifestyle, or personality. The key is to adapt the strategies to your individual needs and preferences.
5. How do I measure my success with feel-good productivity? Focus on your overall well-being and sense of accomplishment. Are you feeling less stressed and more energized? Are you achieving your goals while maintaining a healthy work-life balance? These are better measures of success than just the sheer number of tasks completed.

feel good productivity: Feel-Good Productivity Ali Abdaal, 2023-12-26 The secret to productivity isn't discipline. It's joy. We think that productivity is all about hard work. That the road to success is lined with endless frustration and toil. But what if there's another way? Dr Ali Abdaal -

the world's most-followed productivity expert – has uncovered an easier and happier path to success. Drawing on decades of psychological research, he has found that the secret to productivity and success isn't grind – it's feeling good. If you can make your work feel good, then productivity takes care of itself. In this revolutionary book, Ali reveals how the science of feel-good productivity can transform your life. He introduces the three hidden 'energisers' that underpin enjoyable productivity, the three 'blockers' we must overcome to beat procrastination, and the three 'sustainers' that prevent burnout and help us achieve lasting fulfillment. He recounts the inspiring stories of founders, Olympians, and Nobel-winning scientists who embody the principles of Feel-Good Productivity. And he introduces the simple, actionable changes that you can use to achieve more and live better, starting today. Armed with Ali's insights, you won't just accomplish more. You'll feel happier and more fulfilled along the way.

feel good productivity: *Feel-Good Productivity* Ali Abdaal, 2024-04-03 Vous avez toujours pensé que le travail acharné, les efforts et la discipline étaient la clé du succès ? Vous vous trompez. La clé du succès, c'est la joie. En s'appuyant sur des décennies de recherche en psychologie, le Dr Ali Abdaal a élaboré la méthode feel-good productivité, qui a conquis le monde. Dans ce livre révolutionnaire, il nous présente les 3 principes sur lesquels est fondée sa méthode : trouver son énergie, combattre ses blocages, s'inscrire dans le temps... Et pour chacun de ces principes, des outils et changements simples à mettre en œuvre pour obtenir plus et vivre mieux, dès aujourd'hui. Au cours de sa dernière année d'études en médecine, Ali Abdaal a commencé à poster des vidéos tirées de ses recherches en psychologie. Sa chaîne YouTube, que des dizaines de milliers de nouveaux followers rejoignent chaque mois, cumule depuis 5 ans près de 5 millions d'abonnés. Ses formations payantes sont suivies par des centaines de milliers de personnes dans le monde.

feel good productivity: *Summary of Ali Abdaal's Feel Good Productivity* Milkyway Media, 2024-01-05 Buy now to get the main key ideas from Ali Abdaal's Feel Good Productivity Doctor-turned-YouTuber Ali Abdaal challenges traditional ideas of success and productivity in *Feel Good Productivity* (2023). He presents a new approach to achieving goals, which prioritizes joy. This can be achieved through staying energized, overcoming procrastination, and sustaining long-term motivation by preventing burnout. Drawing on personal experiences and real-life examples, Abdaal offers a practical guide to achieving more and living a more fulfilling life.

feel good productivity: *The Unfair Advantage* Ash Ali, Hasan Kubba, 2022-06-07 The winner of the UK's Business Book of the Year Award for 2021, this is a groundbreaking exposé of the myths behind startup success and a blueprint for harnessing the things that really matter. What is the difference between a startup that makes it, and one that crashes and burns? Behind every story of success is an unfair advantage. But an Unfair Advantage is not just about your parents' wealth or who you know: anyone can have one. An Unfair Advantage is the element that gives you an edge over your competition. This groundbreaking book shows how to identify your own Unfair Advantages and apply them to any project. Drawing on over two decades of hands-on experience, Ash Ali and Hasan Kubba offer a unique framework for assessing your external circumstances in addition to your internal strengths. Hard work and grit aren't enough, so they explore the importance of money, intelligence, location, education, expertise, status, and luck in the journey to success. From starting your company, to gaining traction, raising funds, and growth hacking, *The Unfair Advantage* helps you look at yourself and find the ingredients you didn't realize you already had, to succeed in the cut-throat world of business.

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method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

feel good productivity: The Getting Things Done Workbook David Allen, Brandon Hall, 2019-09-03 An accessible, practical, step-by-step how-to guide that supplements Getting Things Done by providing the details, the how-to's, and the practices to apply GTD more fully and easily in daily life The incredible popularity of Getting Things Done revealed people's need to take control of their own productivity with a system that reduces the stress of staying on top of it all. Around the world hundreds of certified trainers and coaches are engaged full time in teaching the process, supported by a grassroots movement of Meetup groups, LinkedIn groups, Facebook groups, podcasts, blogs and dozens of apps based on it. While Getting Things Done remains the definitive way to gain perspective over work and create the mental space for creativity and mindfulness, The Getting Things Done Workbook enhances the original by providing an accessible guide to the GTD methodology in workbook form. The workbook divides the process into small, manageable segments to allow for easier learning and doing. Each chapter identifies a challenge the reader may be facing--such as being overwhelmed by too many to-do lists, a messy desk, or email overload--and explains the GTD concept to address. The lessons can be learned and implemented in almost any order, and whichever is adopted will provide immediate benefits. This handy instructional manual will give both seasoned GTD users and newcomers alike clear action steps to take to reach a place of sustained efficiency.

feel good productivity: *Extreme Productivity* Robert C. Pozen, 2012-10-02 "Required reading for professionals—and aspiring professionals—of all levels." —Shirley Ann Jackson, President of Rensselaer Polytechnic Institute and Former Chairman of U.S. Nuclear Regulatory Commission Robert C. Pozen, one of the business world's most successful—and productive—executives, reveals the surprising secrets to workplace productivity and high performance. It's far too easy for working professionals to become overwhelmed by a pile of time-sensitive projects, a backlog of emails, and endless meetings. In order to be truly productive, they must make a critical shift in mindset from hours worked to results produced. With *Extreme Productivity*, Pozen explains how individuals can maximize their time and energy by determining and focusing on their highest priorities. He also provides a toolkit of practical tips and techniques to help professionals at all stages of their careers maximize their time at work. This essential handbook empowers every person with proven methods for prioritizing their time to achieve high-impact results and refine their career goals for long-term success, all while leading a full and meaningful personal life as well.

feel good productivity: Building a Second Brain Tiago Forte, 2022-06-14 Building a second brain is getting things done for the digital age. It's a ... productivity method for consuming, synthesizing, and remembering the vast amount of information we take in, allowing us to become more effective and creative and harness the unprecedented amount of technology we have at our disposal--

feel good productivity: Getting Things Done David Allen, 2015-03-17 The book *Lifehack* calls The Bible of business and personal productivity. A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'—Fast Company Since it was first published almost fifteen years ago, David Allen's *Getting Things Done* has become one of the most

influential business books of its era, and the ultimate book on personal organization. “GTD” is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of Getting Things Done will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

feel good productivity: Off the Clock Laura Vanderkam, 2018-05-29 I well recall a conversation with an executive I hoped to interview about her astonishing productivity. I began our call with an assurance that I would not take much of her time. She laughed. 'Oh, I have all the time in the world,' she said. Most of us feel constantly behind, unsure how to escape feeling oppressed by busyness. Laura Vanderkam, unlike other time-management gurus, believes that in order to get more done, we must first feel like we have all the time in the world. Think about it: why haven't you trained for that 5K or read War and Peace? Probably because you feel beaten down by all the time you don't seem to have. In this book, Vanderkam reveals the seven counterintuitive principles the most time-free people have adopted. She teaches mindset shifts to help you feel calm on the busiest days and tools to help you get more done without feeling overwhelmed. You'll meet people such as... ♦ An elementary school principal who figured out how to spend more time mentoring teachers, and less time supervising the cafeteria ♦ An executive who builds lots of meeting-free space into his calendar, despite managing teams across multiple continents ♦ A CEO who does focused work in a Waffle House early in the morning, so he can keep an open door and a relaxed mindset all day ♦ An artist who overcame a creative block, and reached new heights of productivity, by being more gentle with herself, rather than more demanding The strategies in this book can help if your life feels out of control, but they can also help if you want to take your career, your relationships, and your personal happiness to the next level. Vanderkam has packed this book with insights from busy yet relaxed professionals, including time makeovers of people who are learning how to use these tools. Off the Clock can inspire the rest of us to create lives that are not only productive, but enjoyable in the moment.

feel good productivity: Four Thousand Weeks Oliver Burkeman, 2021-08-10 NEW YORK TIMES BESTSELLER “This is the most important book ever written about time management.” —Adam Grant, #1 New York Times bestselling author of Think Again and host of WorkLife What if you stopped trying to do everything, so that you could finally get around to what counts? Nobody needs to be told there isn't enough time. Whether we're starting our own business, or trying to write a novel during our lunch break, or staring down a pile of deadlines as we're planning a vacation, we're obsessed with our lengthening to-do lists, overfilled inboxes, work-life balance, and ceaseless struggle against distraction. We're deluged with advice on becoming more productive and efficient and life hacks to optimize our days. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the question of how best to use our ridiculously brief time on the planet, which amounts on average to about four thousand weeks. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman delivers an entertaining, humorous, practical, and ultimately profound guide to time and time management. Rejecting the futile modern obsession with “getting everything done,” Four Thousand Weeks introduces readers to tools for constructing a meaningful life by embracing finitude, showing that many of the unhelpful ways we've come to think about time aren't inescapable, unchanging truths, but choices we've made as individuals and as a society—and that we can do things differently. Embrace your limits. Change your life. Make your four thousand weeks count.

feel good productivity: How to Have a Good Day Caroline Webb, 2016-02-02 In How to Have a Good Day, economist and former McKinsey partner Caroline Webb shows readers how to use recent findings from behavioral economics, psychology, and neuroscience to transform our approach to everyday working life. Advances in behavioral sciences are giving us an ever better understanding

of how our brains work, why we make the choices we do, and what it takes for us to be at our best. But it has not always been easy to see how to apply these insights in the real world--until now. In *How to Have a Good Day*, Webb explains exactly how to apply this science to our daily tasks and routines. She translates three big scientific ideas into step-by-step guidance that shows us how to set better priorities, make our time go further, ace every interaction, be our smartest selves, strengthen our personal impact, be resilient to setbacks, and boost our energy and enjoyment. Through it all, Webb teaches us how to navigate the typical challenges of modern workplaces—from conflict with colleagues to dull meetings and overflowing inboxes—with skill and ease. Filled with stories of people who have used Webb’s insights to boost their job satisfaction and performance at work, *How to Have a Good Day* is the book so many people wanted when they finished *Nudge*, *Blink* and *Thinking Fast and Slow* and were looking for practical ways to apply this fascinating science to their own lives and careers. A remarkable and much-needed book, *How to Have a Good Day* gives us the tools we need to have a lifetime of good days.

feel good productivity: High Performance Habits Brendon Burchard, 2017-09-19 THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most After extensive original research and a decade as the world’s leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. The art and science of how to do all this is what this book is about. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it faster. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you’ve ever wanted a science-backed, heart-centered plan to living a better quality of life, it’s in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

feel good productivity: Make Time Jake Knapp, John Zeratsky, 2018-09-25 From the New York Times bestselling authors of *Sprint* comes “a unique and engaging read about a proven habit framework [that] readers can apply to each day” (Insider, Best Books to Form New Habits). “If you want to achieve more (without going nuts), read this book.”—Charles Duhigg, author of *The Power of Habit* Nobody ever looked at an empty calendar and said, The best way to spend this time is by cramming it full of meetings! or got to work in the morning and thought, Today I'll spend hours on Facebook! Yet that's exactly what we do. Why? In a world where information refreshes endlessly and the workday feels like a race to react to other people's priorities faster, frazzled and distracted has become our default position. But what if the exhaustion of constant busyness wasn't mandatory? What if you could step off the hamster wheel and start taking control of your time and attention? That's what this book is about. As creators of Google Ventures' renowned design sprint, Jake and John have helped hundreds of teams solve important problems by changing how they work. Building on the success of these sprints and their experience designing ubiquitous tech products from Gmail to YouTube, they spent years experimenting with their own habits and routines, looking for ways to help people optimize their energy, focus, and time. Now they've packaged the most effective tactics into a four-step daily framework that anyone can use to systematically design their days. *Make Time* is not a one-size-fits-all formula. Instead, it offers a customizable menu of bite-size tips and strategies that can be tailored to individual habits and lifestyles. *Make Time* isn't about productivity, or checking off more to-dos. Nor does it propose unrealistic solutions like throwing out your

smartphone or swearing off social media. Making time isn't about radically overhauling your lifestyle; it's about making small shifts in your environment to liberate yourself from constant busyness and distraction. A must-read for anyone who has ever thought, If only there were more hours in the day..., *Make Time* will help you stop passively reacting to the demands of the modern world and start intentionally making time for the things that matter.

feel good productivity: Hell Week Erik Bertrand Larssen, 2016-06-14 From world-renowned mental trainer Erik Bertrand Larssen, whose clients include Olympic athletes and Fortune 500 CEOs, *Hell Week* is a military-inspired yet accessible guide to making the critical changes necessary for long-term professional and personal success and overall lifestyle improvements. Norway native Erik Bertrand Larssen is many things: a veteran paratrooper who served in Bosnia, Kosovo, Macedonia, and Afghanistan; a successful entrepreneur; and a critically acclaimed performance consultant. He has helped catapult the success of countless high-achievers, including Microsoft, Boston Consulting Group, and Statoil ASA executives and Olympic medalist Martin Johnsrud Sundby and top golfer Suzann Pettersen. His life-altering and revered method improves performance by getting people to push themselves past the brink of self-imposed limitations. Central to his technique is the commitment to live and experience just one week as your best self. It's this week, Larssen says, that will be the catalyst to making the most of the rest of your life. Offering accessible tools and pragmatic, inspirational advice including how to incorporate exercise into your daily routine, Larssen's game-changing *Hell Week* shows you how to apply his principles to everyday life, leading to lasting improvement, personal and professional success, and most importantly, a new way of living to a higher standard. *Hell Week* will resonate with and inspire you to be the best you can be and make everlasting positive changes in all aspects of your life.

feel good productivity: Dare to Lead Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries *Brené Brown: Atlas of the Heart*! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants

to step up and into brave leadership.

feel good productivity: *The Pathless Path* Paul Millerd, 2022-01-13 Not all who wander are lost... Paul thought he was on his way. From a small-town Connecticut kid to the most prestigious consulting firm in the world, he had everything he thought he wanted. Yet he decided to walk away and embark on the real work of his life - finding the work that matters and daring to create a life to support that. This Pathless Path is about finding yourself in the wrong life, and the real work of figuring out how to live. Through painstaking experiments, living in different countries, and contemplating the deepest questions about life, Paul pieces together a set of ideas and principles that guide him from unfulfilled and burned out to a life he is excited to keep living. The Pathless Path is not a how-to book filled with "hacks"; instead, it is a vulnerable account of Paul's journey from leaving the socially accepted "default path" towards another, one focused on doing work that matters, finding the others, and defining your own success. This book is an ideal companion for people considering leaving their jobs, embarking on a new path, dealing with the uncertainty of an unconventional path, or looking to improve their relationship with work in a fast-changing world. Reader feedback: "It's a rare book in that it is tangentially about careers and being more focused and productive, but unlike almost every other book I have read about these topics, I finished this one and felt better about myself and my career." "The themes are timeless. The content is expertly written. The advice is refreshingly non-prescriptive." "If you have questioned your own path, or a nagging lack of intention in your choices you need this book. If you have felt a gradual loss of agency in your direction you need this book. You are in the grip of an invisible script that was not written for you." "The writing is fantastic - Paul's writing is approachably poetic; a quick read that weaves together his own experience moving from a 'default path' overachiever to a 'pathless path' seeker of passion and curiosity, deep research into the history of work and collections of perspectives from years of podcasting, friendship, conferences, and meetings with other 'alternative path' life-livers.

feel good productivity: Show Your Work! Austin Kleon, 2015-11-04 Kata Edgar Allan Poe, sebagian besar penulis takut jika proses berkaryanya diketahui orang lain. Sementara itu, Pablo Picasso kerap membuat orang yang berkomunikasi dengannya justru kehilangan energi dan motivasi berkarya. Ya, keduanya memang maestro legendaris, tapi sekarang bukan saatnya lagi berkarya ala mereka. Bukan juga zamannya Mozart sang genius musik. Ini eranya kamu, siapa pun kamu, bisa berkarya! Lalu, apa kuncinya? Tunjukkan saja. Di zaman keterbukaan ini, semua orang punya kesempatan sama untuk jadi hebat. Jangan sembunyikan proses kreatifmu. Undang orang-orang untuk melihatnya. Jangan khawatir kritik, karena itu bahan pelajaran buatmu. Ide yang menurutmu tidak menarik, siapa tahu luar biasa bagi orang lain. Lebih dari itu, karyamu juga bisa menginspirasi orang lain. Jadi, tunggu apa lagi? Tak perlu ragu atau malu. Berbagi karya membuatmu kaya! ... Semakin banyak kamu memberi, semakin banyak yang kembali kepadamu.-Paul Arden [Mizan, Noura Books, Karya, Hidup, Berkarya, Kerja, Indonesia]

feel good productivity: *How to Get Sh*t Done* Erin Falconer, 2018-01-02 From the editor-in-chief and co-owner of the highly respected self-improvement site Pick the Brain comes an inspirational guide for overscheduled, overwhelmed women on how to do less so that they can achieve more. Women live in a state of constant guilt: that we're not doing enough, that we're not good enough, that we can't keep up. If we're not climbing the corporate ladder, building our side hustle, preparing home-cooked meals, tucking the kids in at night, meditating daily, and scheduling playdates, date nights, and girls' nights every week, we feel like we're not living our best lives. Yet traditional productivity books—written by men—barely touch on the tangle of cultural pressures that women feel when facing down a to-do list. Now, Erin Falconer will show you how to do less—a lot less. In fact, *How to Get Sh*t Done* will teach you how to zero in on the three areas of your life where you want to excel, and then it will show you how to off-load, outsource, or just stop giving a damn about the rest. As the founder of two technology start-ups and one of Refinery29's Top 10 Women Changing the Digital Landscape for Good, Erin has seen what happens when women chase an outdated, patriarchal model of productivity, and now she shows you how even the most intense perfectionist among us can tap into our inner free spirit and learn to feel like badasses. Packed with

real-life advice, honest stories from Erin's successful career, and dozens of actionable resources, *How to Get Sh*t Done* will forever reframe productivity so that you can stop doing everything for everyone and start doing what matters to you.

feel good productivity: *The Secret* Rhonda Byrne, 2011-07-07 The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—*The Secret*—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of *The Secret* come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use *The Secret* in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. *The Secret* contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of *The Secret*, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

feel good productivity: *The 5 Choices* Kory Kogon, Adam Merrill, Leena Rinne, 2014-12-30 Time management for the 21st century--Jacket.

feel good productivity: *The 12 Week Year* Brian P. Moran, Michael Lennington, 2013-05-15 The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, *The 12 Week Year* avoids the pitfalls and low productivity of annualized thinking. This book redefines your year to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. *The 12 Week Year* creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

feel good productivity: *How Writers Journey to Comfort and Fluency* Robert Boice, 1994-08-23 This book, by a psychologist with two decades of investment in writers, depicts his programs for instilling patience, pacing, constancy, and resilience in writing. He shows how writers proceed to comfort and fluency by detailing strategies, rules, and turning points for a diversity of writers--professional, professorial, and otherwise. The result is a thorough-going discussion of what helps writers and a review of the broad literature that program participants found most helpful.

feel good productivity: *So Good They Can't Ignore You* Cal Newport, 2012-09-18 In an unorthodox approach, Georgetown University professor Cal Newport debunks the long-held belief that follow your passion is good advice, and sets out on a quest to discover the reality of how people end up loving their careers. Not only are pre-existing passions rare and have little to do with how most people end up loving their work, but a focus on passion over skill can be dangerous, leading to anxiety and chronic job hopping. Spending time with organic farmers, venture capitalists, screenwriters, freelance computer programmers, and others who admitted to deriving great satisfaction from their work, Newport uncovers the strategies they used and the pitfalls they avoided in developing their compelling careers. Cal reveals that matching your job to a pre-existing passion does not matter. Passion comes after you put in the hard work to become excellent at something valuable, not before. In other words, what you do for a living is much less important than how you do it. With a title taken from the comedian Steve Martin, who once said his advice for aspiring entertainers was to be so good they can't ignore you, Cal Newport's clearly written manifesto is mandatory reading for anyone fretting about what to do with their life, or frustrated by their current

striving. More ease. It's time to feel good.

feel good productivity: *Laziness Does Not Exist* Devon Price, 2021-01-05 From social psychologist Dr. Devon Price, a conversational, stirring call to “a better, more human way to live” (Cal Newport, New York Times bestselling author) that examines the “laziness lie”—which falsely tells us we are not working or learning hard enough. Extra-curricular activities. Honors classes. 60-hour work weeks. Side hustles. Like many Americans, Dr. Devon Price believed that productivity was the best way to measure self-worth. Price was an overachiever from the start, graduating from both college and graduate school early, but that success came at a cost. After Price was diagnosed with a severe case of anemia and heart complications from overexertion, they were forced to examine the darker side of all this productivity. *Laziness Does Not Exist* explores the psychological underpinnings of the “laziness lie,” including its origins from the Puritans and how it has continued to proliferate as digital work tools have blurred the boundaries between work and life. Using in-depth research, Price explains that people today do far more work than nearly any other humans in history yet most of us often still feel we are not doing enough. Filled with practical and accessible advice for overcoming society's pressure to do more, and featuring interviews with researchers, consultants, and experiences from real people drowning in too much work, *Laziness Does Not Exist* “is the book we all need right now” (Caroline Dooner, author of *The F*ck It Diet*).

feel good productivity: *The Making of a Manager* Julie Zhuo, 2019-03-21 No idea what you're doing? No problem. Good managers are made, not born. Top tech executive Julie Zhuo remembers the moment when she was asked to lead a team. She felt like she'd won the golden ticket, until reality came crashing in. She was just 25 and had barely any experience being managed, let alone managing others. Her co-workers became her employees overnight, and she faced a series of anxiety-inducing firsts, including agonising over whether to hire an interviewee; seeking the respect of reports who were cleverer than her; and having to fire someone she liked. Like most first-time managers, she wasn't given any formal training, and had no resources to turn to for help. It took her years to find her way, but now she's offering you the short-cut to success. This is the book she wishes she had on day one. Here, she offers practical, accessible advice like: · Don't hide thorny problems from your own manager; you're better off seeking help quickly and honestly · Before you fire someone for failure to collaborate, figure out if the problem is temperamental or just a lack of training or coaching · Don't offer critical feedback in a 'compliment sandwich' – there's a better way! Whether you're new to the job, a veteran leader, or looking to be promoted, this is the handbook you need to be the kind of manager you've always wanted.

feel good productivity: *A Book of Secrets* Derren Brown, 2021-09-02 THE SUNDAY TIMES BESTSELLER 'Enlightening, thought-provoking and illuminating. Derren Brown asks questions about the world, and his intelligent curiosity benefits us all.' ELIZABETH DAY In *A Book of Secrets*, the star of 'Showman', and internationally bestselling author, Derren Brown shows us that it is in those moments when we are faced with adversity that we can find life's most lasting rewards. In thirteen fascinating chapters, Derren takes us on a personal journey - to the scene of a childhood humiliation, to lonely evenings on tour, to being paralysed by shyness at a dinner party, to navigating middle age and to finding love. Sharing moments of anger, frustration, loneliness and loss, Derren reveals how it's possible to find consolation and compassion. Even in our most challenging times we can find meaning and grow. 'Derren Brown is a mine of wisdom, humanity and kindness - everything we need to sustain and nourish ourselves.' ALAIN DE BOTTON ***** 'This is the most I've seen Derren lay himself bare' ***** 'Funny, moving and always, always meaningful' ***** 'Derren's best book to date and the best book I have read this year' ***** 'Everything you need in this is a gem. I can't wait to read it a second time'

feel good productivity: *Drive* Daniel H. Pink, 2011-04-05 The New York Times bestseller that gives readers a paradigm-shattering new way to think about motivation from the author of *When: The Scientific Secrets of Perfect Timing* Most people believe that the best way to motivate is with rewards like money—the carrot-and-stick approach. That's a mistake, says Daniel H. Pink (author of *To Sell Is Human: The Surprising Truth About Motivating Others*). In this provocative and persuasive

new book, he asserts that the secret to high performance and satisfaction—at work, at school, and at home—is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world. Drawing on four decades of scientific research on human motivation, Pink exposes the mismatch between what science knows and what business does—and how that affects every aspect of life. He examines the three elements of true motivation—autonomy, mastery, and purpose—and offers smart and surprising techniques for putting these into action in a unique book that will change how we think and transform how we live.

feel good productivity: *The Productivity Project* Chris Bailey, 2016-01-05 A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives. Chris Bailey turned down lucrative job offers to pursue a lifelong dream—to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world’s foremost experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months—all the while monitoring the impact of his experiments on the quality and quantity of his work. The Productivity Project—and the lessons Chris learned—are the result of that year-long journey. Among the counterintuitive insights Chris Bailey will teach you: · slowing down to work more deliberately; · shrinking or eliminating the unimportant; · the rule of three; · striving for imperfection; · scheduling less time for important tasks; · the 20 second rule to distract yourself from the inevitable distractions; · and the concept of productive procrastination. In an eye-opening and thoroughly engaging read, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more.

feel good productivity: *Storyworthy* Matthew Dicks, 2018-05-15 A five-time Moth GrandSLAM winner and bestselling novelist shows how to tell a great story — and why doing so matters. Whether we realize it or not, we are always telling stories. On a first date or job interview, at a sales presentation or therapy appointment, with family or friends, we are constantly narrating events and interpreting emotions and actions. In this compelling book, storyteller extraordinaire Matthew Dicks presents wonderfully straightforward and engaging tips and techniques for constructing, telling, and polishing stories that will hold the attention of your audience (no matter how big or small). He shows that anyone can learn to be an appealing storyteller, that everyone has something “storyworthy” to express, and, perhaps most important, that the act of creating and telling a tale is a powerful way of understanding and enhancing your own life.

feel good productivity: *Effortless* Greg McKeown, 2021-04-27 NEW YORK TIMES BESTSELLER • A Times (UK) Best Book of the Year • From the author of the million-copy-selling *Essentialism* comes an empowering guide to achieving your goals. It all starts with a simple principle: Not everything has to be so hard. “In a world beset by burnout, Greg McKeown’s work is essential.”—Daniel H. Pink, author of *When, Drive, and To Sell Is Human* “At a time when fear, uncertainty, and our ever-growing list of responsibilities have come to feel like much too much to handle, *Effortless* couldn’t be timelier, or more necessary.”—Eve Rodsky, author of *Fair Play* Do you ever feel like: • You’re teetering right on the edge of burnout? • You want to make a higher contribution, but lack the energy? • You’re running faster but not moving closer to your goals? • Everything is so much harder than it used to be? As high achievers, we’ve been conditioned to believe that the path to success is paved with relentless work. That if we want to overachieve, we have to overexert, overthink, and overdo. That if we aren’t perpetually exhausted, we’re not doing enough. But lately, working hard is more exhausting than ever. And the more depleted we get, the more effort it takes to make progress. Stuck in an endless loop of “Zoom, eat, sleep, repeat,” we’re often working twice as hard to achieve half as much. Getting ahead doesn’t have to be as hard as we

make it. No matter what challenges or obstacles we face, there is a better way: instead of pushing ourselves harder, we can find an easier path. Effortless offers actionable advice for making the most essential activities the easiest ones, so you can achieve the results you want, without burning out. Effortless teaches you how to: • Turn tedious tasks into enjoyable rituals • Prevent frustration by solving problems before they arise • Set a sustainable pace instead of powering through • Make one-time choices that eliminate many future decisions • Simplify your processes by removing unnecessary steps • Make relationships easier to maintain and manage • And much more The effortless way isn't the lazy way. It's the smart way. It may even be the only way. Not every hard thing in life can be made easy. But we can make it easier to do more of what matters most.

feel good productivity: At Your Best Carey Nieuwhof, 2021-09-14 “A perceptive and practical book about why our calendars so rarely reflect our priorities and what we can do to regain control.”—ADAM GRANT “Carey’s book will help you reorganize your life. And then you can share a copy with someone you care about.”—SETH GODIN You deserve to stop living at an unsustainable pace. An influential podcaster and thought leader shows you how. Overwhelmed. Overcommitted. Overworked. That’s the false script an inordinate number of people adopt to be successful. Does this sound familiar: ● Slammed is normal. ● Distractions are everywhere. ● Life gets reduced to going through the motions. Tired of living that way? At Your Best gives you the strategies you need to win at work and at home by living in a way today that will help you thrive tomorrow. Influential podcast host and thought leader Carey Nieuwhof understands the challenges of constant pressure. After a season of burnout almost took him out, he discovered how to get time, energy, and priorities working in his favor. This approach freed up more than one thousand productive hours a year for him and can do the same for you. At Your Best will help you ● replace chronic exhaustion with deep productivity ● break the pattern of overpromising and never accomplishing enough ● clarify what matters most by restructuring your day ● master the art of saying no, without losing friends or influence ● discover why vacations and sabbaticals don’t really solve your problems ● develop a personalized plan to recapture each day so you can break free from the trap of endless to-dos Start thriving at work and at home as you discover how to be at your best.

feel good productivity: The Get Productive Grid Magdalena Bak-Maier, 2015-12-17 Want to stop being held hostage by deadlines? Tired of seeing what truly matters rarely getting completed? Would you like to live a fuller life? One where you achieve results, have a rewarding personal life whilst nurturing your whole personal and professional being? The Grid can unlock the secret to success for you... Magdalena Bak-Maier, trained neuroscientist (PhD, Caltech), top coach and author of Get Productive! provocatively suggests that you can 'have it all'. In this her second book, Bak-Maier shows how to cultivate balance and truly thrive using her original, tested, creative and easy to master Grid system. The Grid is for you if you find yourself saying... 'I work hard but feel I'm not getting anywhere.' 'I lack time for life outside my work (dating, hobbies, friends, holidays or family).' 'My to-do list is never-ending.' 'I don't have energy for anything other than work and need weekends to recover.' 'I'm settling for less because having it all seems unattainable.' Too many lives are skewed towards work, careers, care for others and neglect of self she says. What's even worse, many people hardly notice how out of balance their lives have become while they chase their tail, feel stressed, overwhelmed and unfulfilled. Bak-Maier makes a case for an attractive alternative using her tried and tested Grid method. This practical book sets out to help you transform your life by teaching you how to surf your energy so that instead of tiring and reacting to life, you continuously refuel your heart and mind to be the artist of it. The Grid shows you how to create results and success by engaging with key parts of life you choose to have. Once you start applying the Grid approach to your life, you will start to feel clear, inspired and energised. The Grid will help you balance your energy and effort in a way that restores you and helps you achieve more. With exercises to get you started, the Gridding process is your key to succeed, thrive and sustain yourself and others. The Grid is a useful approach for those who want results without burnout and those in leadership roles who want to model good practice and create cultures grounded in wellbeing. Committed 'Gridders' find that they live more in tune with their values, act with integrity, achieve

more and find time to be spontaneous and creative more often. Their confidence soars as they see the practical steps they take towards creating lives they truly want. In other words their heart and mind get on the same track and what's important gets done more often and better than what seems urgent. This book will show you how to take the same approach and make it your own to help you truly make time count.

feel good productivity: The Power of Habit Charles Duhigg, 2012-02-28 NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

feel good productivity: A New Kind of Science Stephen Wolfram, 2002 This work presents a series of dramatic discoveries never before made public. Starting from a collection of simple computer experiments---illustrated in the book by striking computer graphics---Wolfram shows how their unexpected results force a whole new way of looking at the operation of our universe. Wolfram uses his approach to tackle a remarkable array of fundamental problems in science: from the origin of the Second Law of thermodynamics, to the development of complexity in biology, the computational limitations of mathematics, the possibility of a truly fundamental theory of physics, and the interplay between free will and determinism.

feel good productivity: *What I Talk About When I Talk About Running* Haruki Murakami, 2009-08-11 From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he’d completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo’s Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

feel good productivity: Make the Most of Your Workday Mary Camuto, 2018-05-21 Even if you don’t have your dream job, every day is precious and filled with opportunities. *Make the Most of Your Workday* challenges you to actively manage and make the most of workday possibilities and

problems. With drive, determination, and optimism, it offers solutions to workday predicaments. You can take control; you don't have to wait for leaders, people, or circumstances to change. No matter your level, situation, or dilemma, Mary shows you how to regroup, reframe, and bounce back. Make the Most of Your Workday begins with six common scenarios. Can you relate to any of the following challenges? Getting caught up in office dramas. Watching workloads increase while resources decrease. Feeling your interest, enthusiasm, and focus fade. Yearning for effective leadership. Wanting to avoid working with certain people. Feeling at the mercy of technology. Make the Most of Your Workday contains powerful strategies and tools from several key areas and combines them into a concise practical guide, from strengthening your mindset and self-awareness to identifying needs and goals, from prioritizing your time and energy to communicating effectively and managing the unexpected.

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