How to Become More Productive in a Career and Life

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In today's world, it's not what you think, but how you think. If you feel you can be better, that's true. If you think you've already reached the productivity peak, you're wrong. Believe me, you still can be better. Below is essential advice to everyone who wants to become more productive in both career and everyday life.

High productivity is not about working harder. We pay attention to unnecessary things and focus on productivity tools — gadgets, applications, etc. – instead of the lesson that technology should teach us. To become smarter, faster and better in everything you do, you don't necessarily need the help of technology – just use simple, proven principles listed below! Or pass here to discover more.

#1 Motivation is the Same Skill as Reading and Writing

Books on self-development often depict motivation as an innate quality or as the result of the work of the subconscious, when we compare the effort and potential reward. Scientists believe that motivation is a skill that can be gained and improved.

To increase motivation, you have to believe that you control the satiation. That's why leading companies ask many questions before signing the contract: you will feel that it's you who control the state of affairs, so it's likely that you'll pay the bills.

If you can't get to work, try to make at least some choices. Select one letter in incoming messages and answer it. Start writing a scientific paper with conclusions or graphs. Select a restaurant for a meeting with an unpleasant person. Think about the question from which you will start your next phone conversation.

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#2 To Focus, Imagine Your Task as Detailed as Possible

Research from Yale, Harvard, UC Berkeley and other leading universities show that people usually make mistakes when they are torn between automaticity and focus. If you want to focus on work without being distracted by phone calls and other unnecessary things, try to wake up 10 minutes earlier and imagine your future day to the smallest details.

#3 Consider the Future as a Set of Probabilities and Learn to Make Predictions

Probabilistic reasoning is the ability to hold multiple conflicting versions of the future. We are not accustomed to thinking about the multiple futures because we live in a single reality. For many people, this is unacceptable because they are forced to think about things that they hope will never happen.

- For example, you're 100% you love your girl right now. If you want to marry her, you have to calculate the probability of whether you want to stay married after 30 years of living together. Although you know that you love her right now, thinking about the future will force you to focus on the things that now mean nothing, but will be very important

later. You're honest with yourself, even if you have to admit that there are things in which you are not sure.

Right choice based on the prediction of the future. The accuracy of the predictions depends on how many positive and negative factors you consider. Successful people always pay attention to the misses.

To understand whether the film is successful, you need to visit a crowded and an empty cinema; to calculate the life expectancy, you need to take into account old people and babies; to develop the business acumen, you have to communicate with both successful and unsuccessful colleagues.

Of course, no one can predict the future with absolute precision, but the mistake of many people is that they try to avoid any predictions due to a very strong desire for certainty and the fear of doubt.

dream
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All our dreams can come true, if we have the courage to pursue them - Walt Disney

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#4 Use Your Emotions as a Creativity Source

Disney forces their employees to use their emotions to write the dialogues of animated characters, weaving real feelings in fantastic situations. This method deserves attention at least because thanks to it, anyone can become a generator of ideas using one's personal life as a source of creativity.

Creativity is a common solution to the problems, although considered from this perspective, it loses its magical aura. Creative people pay more attention to the problems and ways to solve them; they just learned to trust themselves and can release creativity out.

- Stickers were invented by the engineer who was irritated by the fact that bookmarks are constantly falling out of his books.
- Cellophane was developed by a chemist who wanted to protect the tablecloth from wine stains.
- Baby food was invented by a weary father who tried to feed his crying baby in the middle of the night.

Regardless of the kind of emotions, you can turn them into a great source of creativity and use as a base for innovative solutions to common everyday problems!

Bio:

Lucy Adams is a blogger from http://edublogawards.org/. She's a diligent professional who's always in touch and open to exciting ideas. Feel free to share possible topics with the author and be sure to get a fast and grounded response. Lucy Almost never refuses to research on the issues she finds intriguing.