

Productivity - A Poll

Posted by cordnoy - 20 Feb 2015 13:26

Many of us say that bein' sluggish, unproductive, bored, outta focus gets us into troubled thinkin'.

Warning: Spoiler!

If you choose option 4, please elaborate, and then perhaps, I can modify the options.

Maybe this will help some.

Warning: Spoiler!

b'hatzlachah

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Re: Productivity - A Poll
Posted by doingtshuva - 20 Feb 2015 14:12

Cordony

I voted - Focus; block out interruptions

I was a person that was very organized on paper, but till I didn't stop lusting I couldn't start focusing. Today I can remember more without all the notes I use to prepare.

But yes having a list of things to do can help you when your bored.

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Re: Productivity - A Poll
Posted by yidtryingharder - 20 Feb 2015 14:46

I voted stay focused

Even if I have stuff to do and I have a list, there will always be something more convenient to do at the moment, even if it neglects necessities. My best moments are under pressure because I must stay focused, for example I'm a mohel and the pressure of doing it right and b"h it has never let me down, also now I am trying to learn the meggila for Purim so I can read it for my wife, and that is the last thing that gets done, however now that it's coming down the wire im spending more time on it. If I'd stay focussed is do much more with my time

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Re: Productivity - A Poll
Posted by dd - 21 Feb 2015 19:47

I voted reporting to others. Because thats whats working now. But i guess it depends on each guy. And even the same guy it could depend on the dekufoh.

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Re: Productivity - A Poll
Posted by serenity - 22 Feb 2015 07:09

Do the next right thing. Live in the present. I like the lists, but they only work for me for what I'm doing now. Journaling my goals and progress also helps.

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Re: Productivity - A Poll
Posted by unanumun - 22 Feb 2015 16:31

Voted other.

First step would be to get in control of everything that you have sitting on your mind, not necessarily any specific task at hand.

The more one feels in control of what he has to do, the easier it is to do it. (This is not exactly making a list - I understand making a list as a list of things i want to do now, while I am talking about a complete control of things that have to get done)

(I once started a thread about this : [see here](#))

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Re: Productivity - A Poll
Posted by cordnoy - 26 Feb 2015 05:13

Other - get proper sleep!

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Re: Productivity - A Poll
Posted by serenity - 26 Feb 2015 05:27

Yes !!!

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Re: Productivity - A Poll
Posted by doingtshuva - 26 Feb 2015 10:33

[cordnoy wrote:](#)

Other - get proper sleep!

When I sleep good things go easier.

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Re: Productivity - A Poll
Posted by cordnoy - 22 Mar 2015 16:09

[unanumun wrote:](#)

Voted other.

First step would be to get in control of everything that you have sitting on your mind, not necessarily any specific task at hand.

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structure?

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Re: Productivity - A Poll

Posted by TalmidChaim - 22 Mar 2015 21:00

Focusing has always been my problem. I get more school work done in the library, away from the computer. So removing distractions is key for me.

I also find that my brain needs priming, in a way. I need to give myself like 20 minutes of just disciplined work to get myself into productivity mode. That includes writing a piece of information out, over and over again, or reciting something, like I'm teaching to it another. So many issues concerning lack of focus come from just not using our brains correctly. Our brains want to work; we don't let them, most of the time. Brains need stimulation.

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