

# 5 Tips for More Productive Work Days



Staying focused in a world of distractions can be very difficult. However, every successful business leader will tell you that building their business required more than stamina and willpower. You must develop skills to beat everyday distractions. For some people, that means putting on headphones. Others arrive before anyone at the office. If you find yourself taking hours to complete a task that should take half the time then try a few of these tricks to get your work done more efficiently.

## Set Up Your Day in a Planner

Set up your day in a planner before your day starts. Make a note of the most important tasks that have to get done that day. Start with those tasks. Cross tasks off as you complete your work.

Some people use a written planner and others use Google Calendar. Use whichever tool allows you to visualize your day.

## Do the Most Difficult Things First

It's natural to postpone our most difficult tasks. After all, who wants to get the tedious work done that we dread?

There are benefits to finishing your most difficult tasks first. Completing the work you dread immediately will put a more positive spin on your day. Therefore, you will feel more motivated throughout your work day.

# Take Breaks Throughout the Day

When we have a full plate of work, it can be difficult to take breaks. We may feel like we should work non-stop throughout the day. However, breaks can help renew our energy to continue work more efficiently. It can also help to get away from a problem you are trying to solve for a few minutes and possibly come back to it with a new perspective or energy.

# Work Out First Thing in the Morning

Do you rely on coffee every morning? How would you feel if you did not need morning coffee to get you through the work day? Exercising in the morning can build natural energy to leave you more alert, focused, and fight fatigue. Start working out in the morning to feel more energized as you work through the day.

## Other Benefits of Working Out in the Morning

- Increased Metabolism
- Improved Mood
- Leaves Time for Other Priorities

# Avoid Multitasking

Multitasking can be our work's worst enemy. We think we are getting more done but typically our work is getting done less efficiently while taking longer. Focus on one task at a time for higher quality work.

Try incorporating one of these efficiency tips into your day. You may find yourself working fewer hours.