

Feel good Productivity

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- Summary:
Core Principle: Feeling good should be the foundation of productive work.
Feeling better with the things we do, being productive and make more of whar actually matters.
It builds on the idea, that success does not have to be tied to suffering. It should be fun and engerising.
Here Ali Abdaal presents a system in three steps. The first is to energise yourself and start feeling good in your work by incorporating Play, Power and People to your work.
Second, is to unblock yourself, overcome procrastination and start doing the things that matter the most to you. This is doneby Seeking Clarity, Finding Courage and techniques for getting started.
Third, is to Sustain your progress and avoiding the different kind of sources for burnout. This is done with methods for conserving, recharging and alignment.
- Feeling good has this benefits:
 - Makes you consider a broader range of options
 - Being open for new experineces
 - Helps integrate given information
 - Boosts your creativity and productivity
 - Boosts your enegery
 - Itnegates the effects of stress
- Feeling good brings you in a postive cycle of being energised, being more productive and feeling even better as a result.
On the other hand, negative emotion lead to a negative cycle of being more unproductive, less energised and feeling even worse

<div>Energise</div> <div>Play</div> <div><ul style="list-style-type: none">Make your life an adventure<ol style="list-style-type: none">Choose your Character<ul style="list-style-type: none">Identify the type of play, that most resonates with you<ul style="list-style-type: none">https://www.16personalities.com/de/personlichkeitsypenDifferent types of personalities?Embrace your Curiosity and Fun<ul style="list-style-type: none">Focus on the things you are interested inYou are 30% more likely to remember something you find interestingCuriosity allows us to focus longerEncorporate "Side Quests" to your life. Gamify your daily tasks and leave room for curiosity and explorationAsk yourself:<ul style="list-style-type: none">What would this look like if it were fun?Could you add music, or a sense of humour, or get creative?What if you set out to do the task with friends, or promised yourself a treat at the end of the process?Is there a way to make this draining process a little more enjoyable?Enjoy the Process<ul style="list-style-type: none">Focus on making the process more enjoyableFind creative ways to incorporate play into the processFind ways to make your day and the day of others more enjoyableE.g.: BBQ Sauce Day:<ul style="list-style-type: none">A fast food worker declared a day for himself a BBQ Sauce DayFor the rest of the day, he'd add a mini sales pitch to each order he took. The customer would order a Big Mac and fries, and he'd ask them if they'd like any sauce with that. If they said no, he'd smile and say, "Well, I'd really recommend the BBQ sauce – there's nothing that beats that."Lower the Stakes<ul style="list-style-type: none">Stress reduces creativity, productivity and overall wellbeing.Create an envnegironment that fosters relaxationReframe Failures "data points" and an invitation to try something newDon't be serious, be sincere (Alan Watts)<ul style="list-style-type: none">take the game seriously enough to be fully engaged in the experience, but not so seriously that they become fixated on winning or losing.Ask yourself: How can I approach this with a little less seriousness, and a little more sincerity?Seek input from others and collaboration</div>	<div>Unblock</div> <div>Seek Clarity</div> <div><ul style="list-style-type: none">Being motivated is not enough. There are barriers that get in our way, like financial constraints, family responsibilities, physical and mental health issues.The Unblock Method:<ul style="list-style-type: none">Focussing on what holds you back and clearing the reasons. The goal is to help you start with achieving what you want.<div>Fog of uncertainty: The first type of blockage is uncertainty. Not knowing, what to do in the first place. This is called "uncertainty paralysis".</div><div>Ask why? Ambiguity thrives uncertainty. So you should be clear on why you are doing anything in the first place.<ul style="list-style-type: none">Auftragstaktik: A concept from the german military in which communicating the reasons for a mission more than the "how". The focus is layed so that every soldier knows the core purpose, the aimed for end state and only a few key tasks to accomplish the objective. This enables the troupes to react more flexibly to the changing circumstances. Commander's intent: A technique to make everyone involved know the purpose of the mission as well as possible.The 5 Whys: A principle from the toyota production system. When a mistake happens, ask 'why' five times. Deach time you ar egetting closer to the actual cause. It reminds us of what we should really be focusing on.</div><div>NICE-Concept for Goalsetting:</div><table><tr><td>Near-term:</td><td>Focussed on the immediate steps to take daily or weekly to achieve the goal.</td></tr><tr><td>Input-based:</td><td>Focus on the process by measuring the action to take towards the goal. e.g. say: "Go for a ten-minute walk everyday" instead of: "Lose 5kg by the end of the year",</td></tr><tr><td>Controllable:</td><td>Focus on goals and steps, that are in your control</td></tr><tr><td>Energising:</td><td>Find strategies (like Play, Power and People) to make the goals energising instead of draining</td></tr></table><div>Ask When?<ul style="list-style-type: none">Crystal Ball Method: Identify the problems you might face.<ul style="list-style-type: none">What could prevent you from starting the task?What can you do increase the likelihood of you doing it?What/Who can help you stay committed to the task?Implementation Intentions: Don't execute the things immediately. Set a time for them to when you want to do something and stick it to your calendar.Timeblocking: Start with blocking specific tasks in your calendar. Block timeslots for most of your day for areas of your life like exercise, firends, work. Extend your blocking to a whole week in advance. It should not stress you, but provide structure and free your time.</div></div>	Near-term:	Focussed on the immediate steps to take daily or weekly to achieve the goal.	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Review the list regularly to see, if the priorities have changed and adjust the list.</div><div>Hell Yeah or No: When deciding if something is worth pursuing, give yourself only the two options of "Hell Yeah" or "No" to choose from.</div><div>If you would not be excited to do something tomorrow, you propably would not in 6 weeks from now.</div><div>Switching Costs: Both switching too often between tasks and focussing for too long on the same thing lead to increased losses in energy. You have to finde a sweetspot for how long to focus on one thing before switching to another task.</div><div>Adding Friction: When you don't want yourself to do something, add friction for yourself to do so. For example, putting your phone in another room while working.</div><div>It is ok to be distracted sometimes. Don't beat yourself up and correct your course towards your goal.</div><div>The most productive workers give themselves an almost unbelievable time off. Th work-to-break ratio is about 52min woring to 17min of work.</div><div>Scedule your Breaks. Even in emergency medicine the golden rule is to take a break every four hours.</div><div>Energising Distractions: Give yourself permission to accept energising distractions like a friend coming by. As long as it is recharging, it is welcome.</div></div>							
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<div>Power</div> <div><ul style="list-style-type: none">Power = The sense, that you are in control over your job, future and lifeThe Confidence Switch<ul style="list-style-type: none">Distance yourself mentally from the situation, pretend like being confident.Talk to yourself motivationally.Remind yourself that you are just playing a role and incorporate it.challenging yourself to behave as if you're confident in your task, even if you're not.The Social Model Method<ul style="list-style-type: none">Watch others, who are already good at the task at hand improves your performance.Surround yourself with other people, who have expertise in the field you are learning.Shocking Approach "the beginners mind"<ul style="list-style-type: none">Try to view every task you are performing as if you were a beginnerThe Protégé Effect<ul style="list-style-type: none">Teaching others helps us understand things better.Keep in mind how you would teach someone what you learn, while learning it.Motivation<ul style="list-style-type: none">Intrinsic motivation comes from the inside: driven by self-fulfilment, curiosity and a genuine desire to learn. Extrinsic motivation comes from the outside: driven by pay-rises, material rewards and social approval.A sense of ownership and autonomy enhances intrinsic motivationWhen people have power over their own actions, they are much more intrinsically motivatedOwn the process: To be more intrinsically motivated, we can take wnership of the process instead of the outcome. Even if the situation is defined, we can still decide, how we are interacting with it.Own your mindset: Instead of thinking "Why do I have to do this?" try thinking "I choose/get to do this" In every situation you are choosing to do something.</div>	<div>Find Courage</div> <div><ul style="list-style-type: none">Knowing your fears is the first step to vercoming themAffective Labelling: When we label our emotions, we become better able to process and release them – and so escape the cyclical thoughts that make us put things off. The trouble is, labelling our emotions isn't Put your feelings into words. Itentify and learn to know the sensations you are experiencing. This helps with processsing and letting go of emotions.Wask yourself "What am I afraid of?"Ask yourself "where does this fear come from?"Procrastlation often comes from insecurities and vulnerabilities.Distance yourself from the fear, by telling a fictional story about your fears.Lebelling Theory: A label can become a self fulfilling prophecy. Be concious of the labels you give yourself. Seeing yourself as a "failure" leady to more failure than labeling yourself e.g. a "lifelong learner". You can even create an alter ego for yourself and take the role of that person.The 10/10/10 Rule: When you feel anxious about something, ask yourself: Will this matter in 10 minutes? Will this matter in 10 weeks? Will this matter in 10 years?Lower your standards for getting started. You can start, while feeling unconfident and doing things badyl in the beginning.Remind yourself, that you are not the centre of other peoples attention and they don't remotely care as much as you do.</div>	<div>Recharge</div> <div><ul style="list-style-type: none">Depletion Burnout: = Bunout form not taking enough time to recharge.<div>Look at the things you do when feeling drained. Try to change them to things that are more energising, like going for a walk.</div><div>CALM-Method: = Method for finding energising activities</div><table><tr><th>Property</th><th>Description</th><th>Example</th></tr><tr><td>Competence</td><td>Activities that give you a sense of competence</td><td>Being creative with writing a song</td></tr><tr><td>Autonomy</td><td>Activities that give you a sense of autonomy</td><td>Letting yourself being in control of what you want to display in a painting.</td></tr><tr><td>Liberty</td><td>Activities that have no direct goal</td><td>Everything that disconnects you from "work mode"</td></tr><tr><td>Mellow</td><td>Relaxed activities that are free from all stakes ad work</td><td>Going for a walk or relaxing with firends.</td></tr></table><div><ul style="list-style-type: none">Reitoff Principle: geant yourself permission to intnentionally write off a day for not achieving anything.</div></div>	Property	Description	Example	Competence	Activities that give you a sense of competence	Being creative with writing a song	Autonomy	Activities that give you a sense of autonomy	Letting yourself being in control of what you want to display in a painting.	Liberty	Activities that have no direct goal	Everything that disconnects you from "work mode"	Mellow	Relaxed activities that are free from all stakes ad work	Going for a walk or relaxing with firends.
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<div>People</div> <div><ul style="list-style-type: none">Become Part of a Scene: Being part of a group of people, interested in the same topic drastically enhances your</div>	<div>Get Started</div> <div><ul style="list-style-type: none">Find out what makes it difficult for you to get started.</div>	<div>Align</div> <div><ul style="list-style-type: none">Misalignment Burnout: = Burnout, that occurs when The things we do don't match our sense of self.</div>															

options

- The Comrade Mindset:
Shift your mindset from competition with others to collaboration.
- Find Synchronicity:
Working in parallel with others enhances productivity. Even if you are just on a Zoom call together.
- The helpers High:
Help others to feel positive emotions and be more motivated
- Random acts of kindness:
Do small acts of kindness to others to enhance overall wellbeing of the group
- Ask for help:
 - Asking for help in person is 30x more effective as asking per mail.
 - Avoid using negative phrases
 - Don't turn asking for help in a transaction by offering a consideration.
 - Put **emphasis on the reason why you ask** this specific person for help
- Overcommunicate:
 - When you think you have communicated enough, you certainly haven't.
 - When presented with **positive information**, react in an **"active-constructive"** way. This strengthens the relationship and makes both parties feel better.
E.g. 'Wow, that's great! You've been working so hard for this. I knew you'd get it!'
 - Learn to communicate bad news
Don't talk behind the back of others.
Give other people insight in what is going on inside your head.
Keep in mind, that even if you feel like someone has a bad quality, this might not be true from thier perspective or the one of others. Maybe they are going through bad times themselves.

"Root your analysis in objective, non-judgemental terms. 'I noticed you cut Hermione off a few times in that meeting' is much more effective than 'You are incredibly rude.' Similarly, telling people 'You are wrong' or 'You are incompetent' is going to make that person feel attacked and defensive"

Turn your attention towards the solution.

- 5 Minutes Rule:
Lower the barrier for starting by giving yourself the permission to stop the task after 5min. After that you can decide if you want to spend more time on it.
- Never leave a conversation without 1 to 3 actions to take.
- Define the next actionable step. Focus on the most simple thing with the lowest barrier to do that makes getting started easier for you.
- Track your process.
- Find someone to hold you accountable.
- Let past failures behind, forgive yourself and focus on the goal.

• **Different types of Motivation:**

External Motivation	Doing something because others might respect you more for it.
Introjected Motivation	Doing something because one feels guilt when not doing so.
Identified Motivation	Doing something because you value the result.
Intrinsic Motivation	Doing something because it is inherently enjoyable.

• Not all extrinsic motivation is bad

• People motivated by Introjected and Identified motivation are the most likely to pursue and sustain performing hard tasks, while also enjoying the process.

• **The Eulogy Method:**
A way to find out, which goals to pursue.
Ask yourself: "What would I feel good about someone saying in my eulogy?" and
"What does the life you want people to remember in a few decades mean for the life you should build now?"

• **The Odyssey Plan:**
A Method for Designing Your Life.
Imagine yourself 5 years from now. Then imagine 3 different routes to take.

1. Current Path:	What would it look like, if you just continue the way you do?
2. Alternative Path:	What would it look like, if you take a different path to your goals?
3. Radical Path:	What would it look like, if you took a completely different path while neglecting all responsibilities and money?

• **Values Affirmation Interventions:**
A scientific term for identifying your core personal values right now, and continually reflecting on them.

• **The Wheel of Life:**
A Method for defining whar success means to you. Look at the image below.
for each area write down, how much you thing your current actions are aligned with your personal values.
Turn these values into a set of coherent objectives

• **The 12-Month Celebration:**
A Method for setting goals and objectives from your wheel of life.

Imagine yourself in 12months from now. What would you like to tell your best friend about, what you have achieved this year?

• **The Three Alignment Qests:**
Set one Task for each area of your life (Health, Work and Relationships) for each day, to keep focussing on them.

• **Alignment Experiments:**
See the changes in your life as experiments.
Change only one thing at a time, then observe the difference it makes.
Keep a log of journal of your experiences with the changes.