

Daily Productivity Habit

Reach your goals and dreams.

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Introduction

I was staring my to-do list like I did every day. For some reason it never shortened. It just kept growing. It seemed it was somehow broken. Perhaps it leaked from wrong end?

To-do list was supposed to help me to be more productive and get things done. Maybe it did, but it did not help me to get any closer of my personal goals. Day after day, I executed tasks from the list and started again next day.

The list does not work. It did not help me to reach my goals and dreams.

I did start to develop simple workflow and form that I could use to protect my time. It is a combination of several ideas.

Then I did write this book, because I think that it would help you as well.

...

I am productive. When I hear others complaining how busy they are and how they don't have time. I wonder how I have time with four children, commitments to non-profit organisation, daily work, my blog and old house.

I am rarely busy.

So - I don't have a problem?

I have two problems:

1. My number one problem is that I am building stress for matters that I could easily solve.
2. My second problems is that I do too much things that do not benefit my personal success, wealth, career or well-being. I am always sorting out other peoples problems and helping them, without getting much back.

I needed a change and I needed a solution to the above problems. That is why I started to develop ways to build Daily Productivity Habits.

If you don't have a habit yet, or you have failed to build it several times - then you need to change.

The change needs to happen inside you and you need to understand why you need your habit.

What benefits it would bring if you reach your dreams and goals?

You need to have commitment to build a habit that works day after day.

My big why is clearly three things:

- If I can remove the items that cause me the stress, I have more space in my head and I am more creative and more productive as a result
- The greatest feeling for me is to finish something. The biggest feeling is Love and the second biggest feelings is the feeling when something is finished.

- I want to have pure focus to the tasks that help me.

If you have will, but you won't get things done. You need help. You need to build your own habit of doing things.

The main reasons why you won't get things done or you won't have success are:

- Your goals are not crystal clear
- You do wrong things
- You have too much interruptions
- You don't focus to the tasks that make the difference

These problems I solve with my Daily Productivity Habit.