

© Copyright 2023 by John W Noble All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely and is universal as such. The presentation of the information is without a contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are owned by the owners themselves, not affiliated with this document.

Table of **Contents**

- Create a Conducive Work Environment
- 2 Write things down
- **3** Focus on one thing at a time
- Follow the 80/20 Rule
- 5 Let Go of Perfectionism
- 6 Automate
- 7 Delegate
- **Say No To Most Things**
- **9** Exercise
- **10** Take A Break

Introduction

"Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort."

Paul J. Meyer

We are living in an age where we get easily distracted by a plethora of mundane things, like social media notifications, text messages from friends, and other things that do not deserve our immediate attention and our precious energy. They take so much of our time that the quality of our work starts to suffer. At this point, things really need to change.

All of us have the same amount of time to get things done. We only have 24 hours each day to finish all the things that we need for our work and our personal lives. Some people are great at managing their time, while some struggle with how to get things done. If you are one of those individuals who are struggling to accomplish their tasks, worry no more because this book will help you from start to finish. Before you read this book, I want you to have an open mind and ponder deeply about the things that we are going to discuss. I also want you to think about how you can apply those things in your personal life. If you have a highlighter of colored pens with you, I highly encourage you to use them when you read certain things that you find useful. Like a refresher, it would allow you to read the book faster the next time you pick it up.

Finally, I wish you good luck and I hope you find a couple of ideas that would improve your life.

Chapter 1:

CREATE A CONDUCIVE WORK ENVIRONMENT