

Come here you
giant cup of beautiful
coffee and lie to me
about how much we're
going to get done today



The Art - and Science - of Being Productive

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Why I Don't Bring a Laptop to Meetings

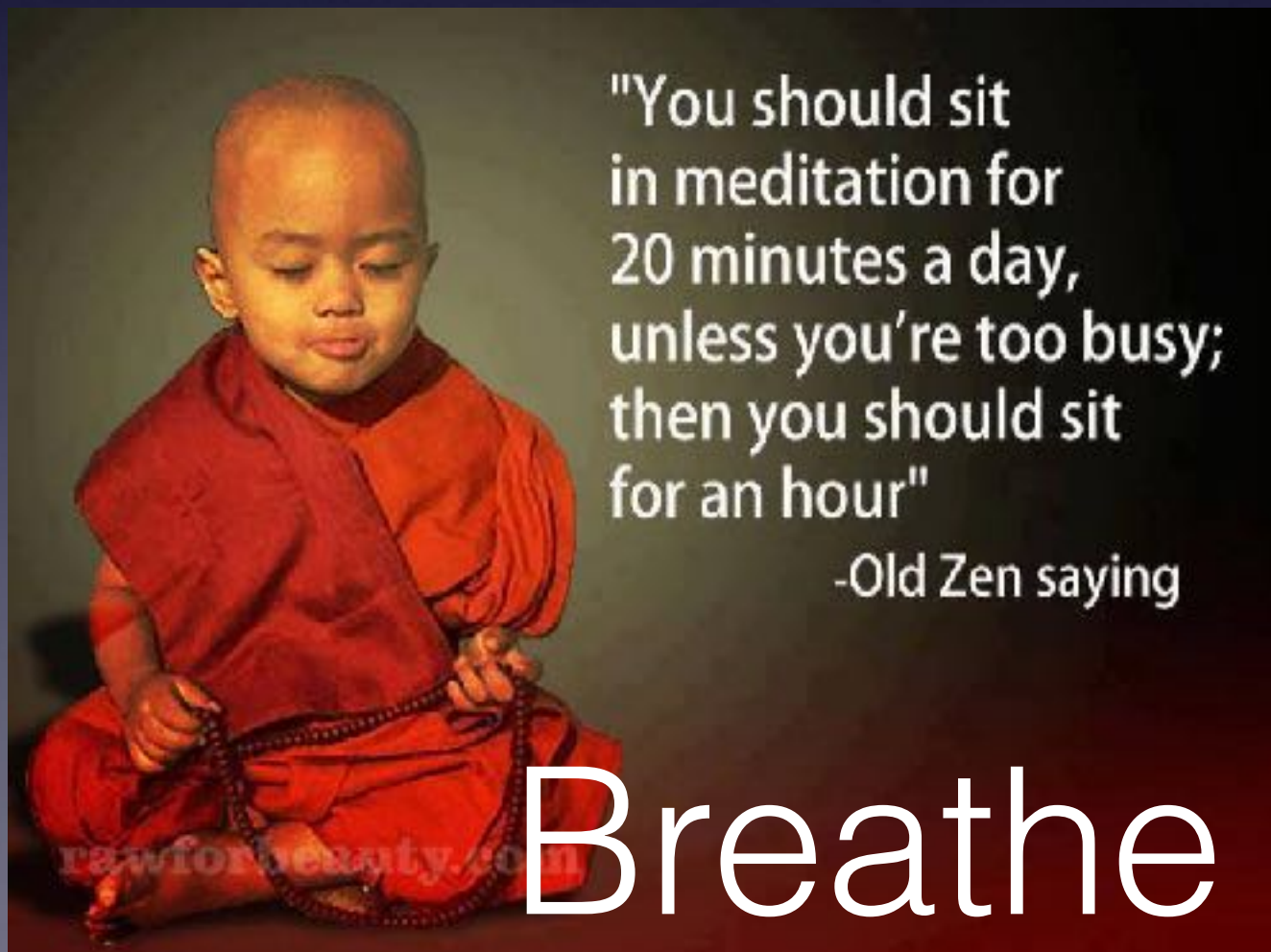
Mike Taylor - <http://bit.ly/2oIFrN7>



Eat



Sleep

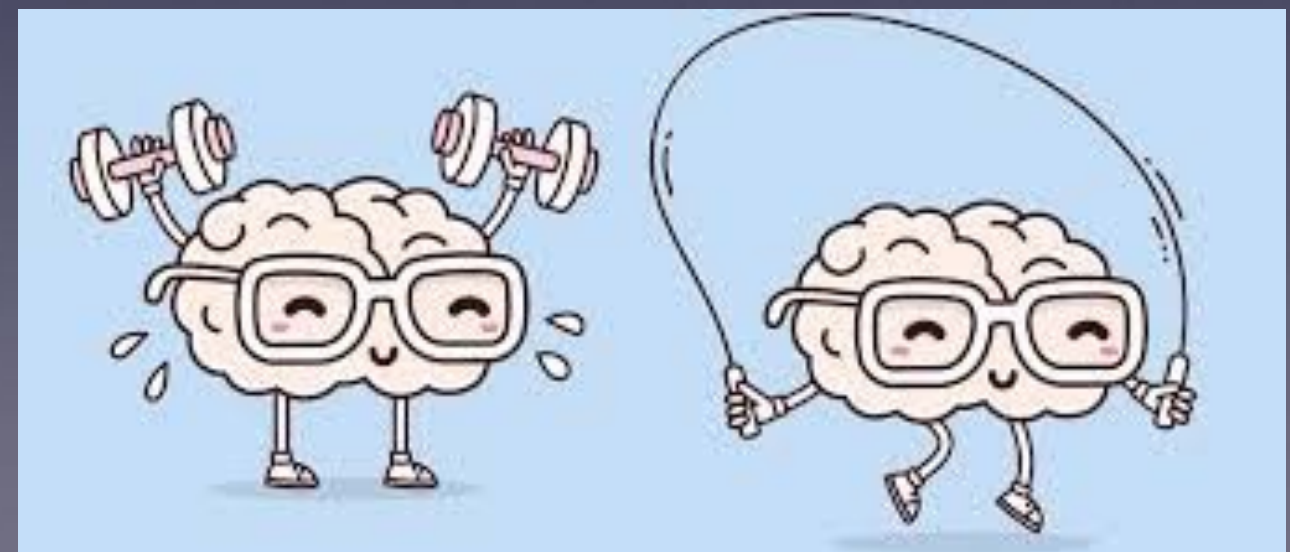


"You should sit in meditation for 20 minutes a day, unless you're too busy; then you should sit for an hour"

-Old Zen saying

Breathe

Move



Food Do's

- Grazing
- Eat Lower on the Glycemic Index
- Fats
- Stress-Reducing Foods

Sleep Deprivation Effects

- Fatigue, lethargy, lack of motivation
- Moodiness and irritability; increased risk of depression
- Decreased sex drive; relationship problems
- Impaired brain activity; learning, concentration, and memory problems
- Reduced creativity and problem-solving skills; difficulty making decisions
- Inability to cope with stress, difficulty managing emotions
- Premature skin aging
- Weakened immune system; frequent colds and infections; weight gain
 - Impaired motor skills and increased risk of accidents; hallucinations and delirium
- Increased risk of serious health problems including stroke, diabetes, high blood pressure, heart disease, Alzheimer's disease, and certain cancers

Signs of Deprivation

- Need an alarm clock in order to wake up on time
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Get sleepy in meetings, lectures, or warm rooms
- Get drowsy after heavy meals or when driving
- Need to nap to get through the day
- Fall asleep while watching TV or relaxing in the evening
- Feel the need to sleep in on weekends
- Fall asleep within five minutes of going to bed

THE KEY TO
MEDITATION IS
LEARNING TO STAY



Maria
Schwan

**DO NOT CONFUSE MOTION AND PROGRESS.
A ROCKING HORSE KEEPS MOVING
BUT DOES NOT MAKE ANY PROGRESS.**



- ALFRED A. MONTAPERT

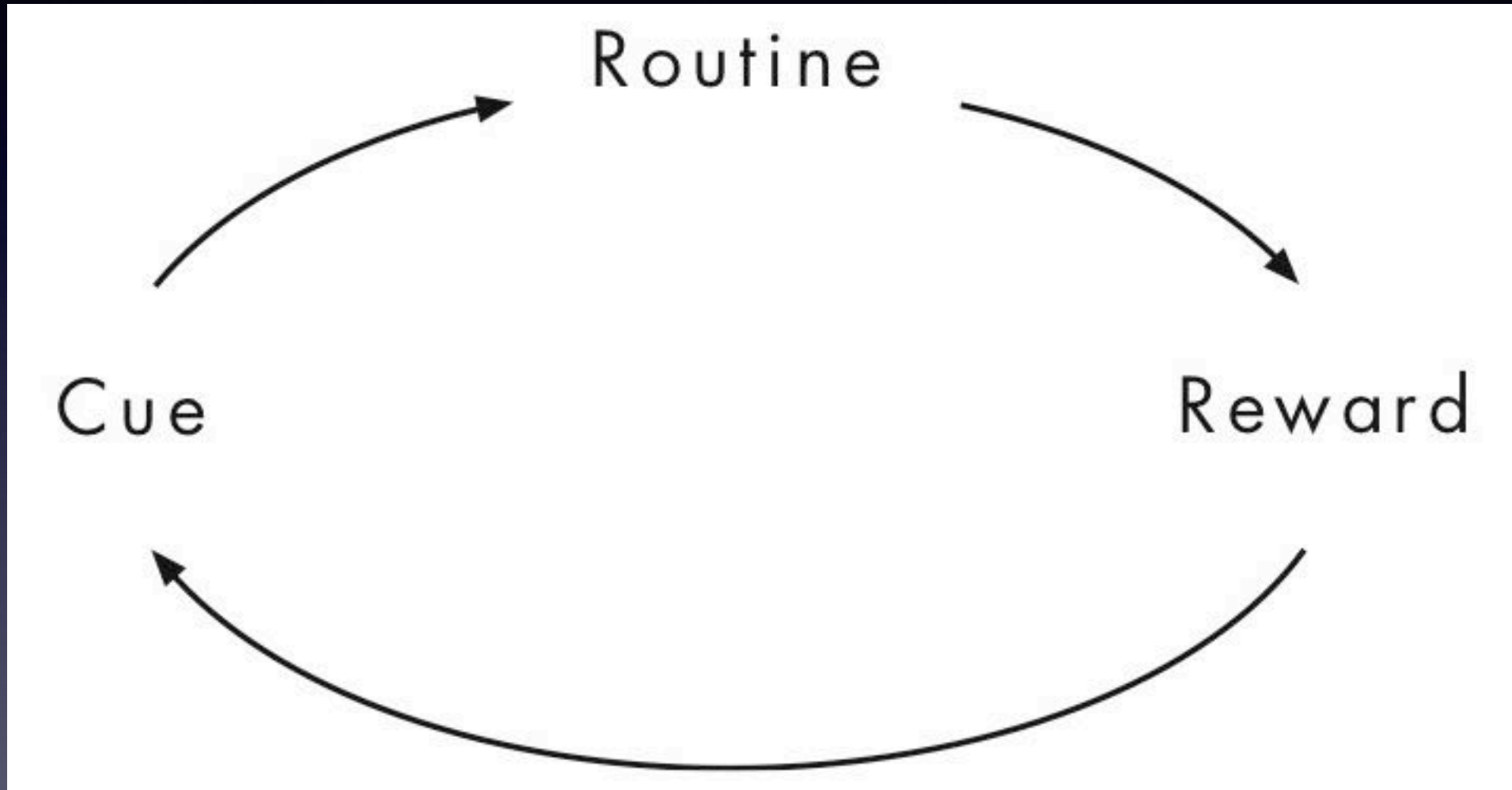
MULTITASKING
IS NOT A BADGE OF
HONOR

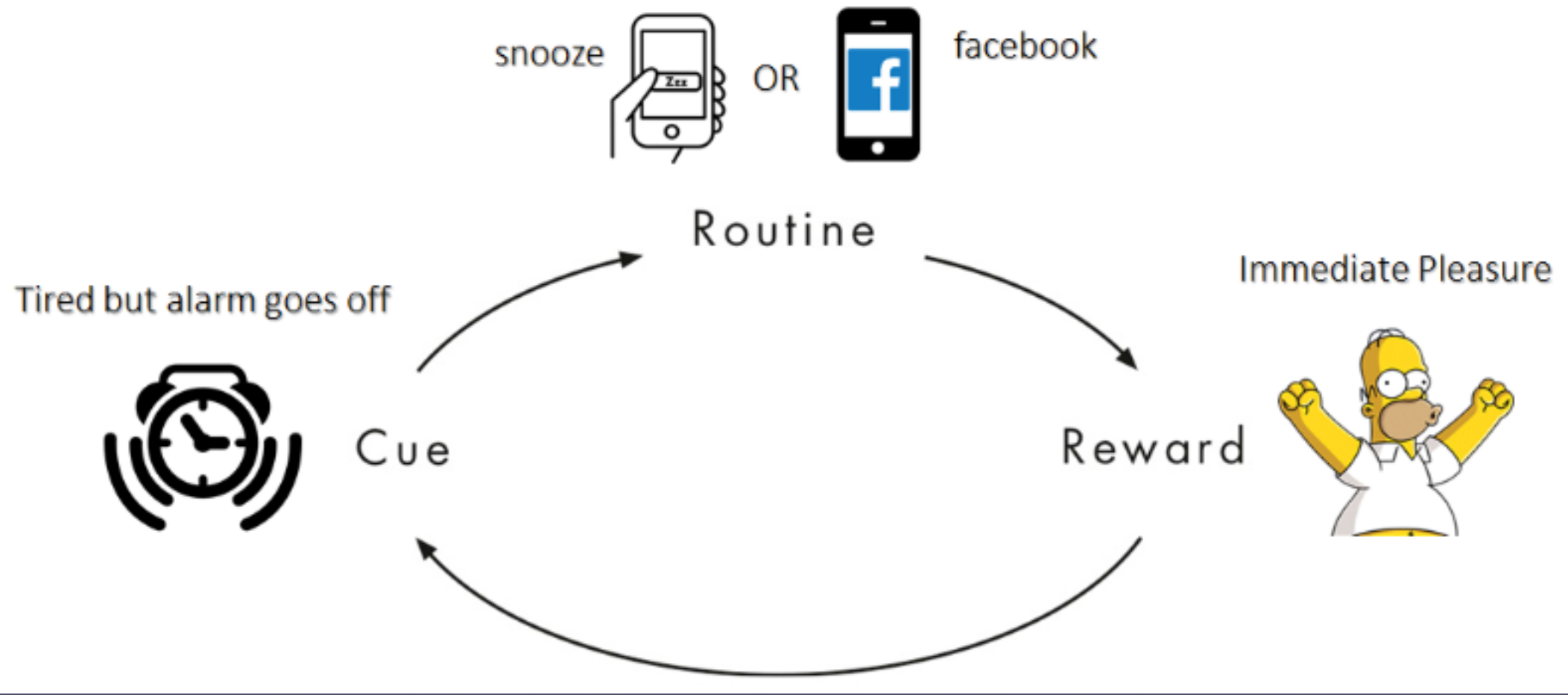


HOMESCHOOLREALM.COM

America's unhealthy
obsession with productivity
is driving its biggest new
reading trend

<http://bit.ly/2nSBDaX>





“You are the average of the five people you spend the most time with.”

**–Jim Rohn, author and motivational speaker
Leading an Inspired Life, 1996**

Resources

NPR - Laptops Away - <http://n.pr/1qQ6NOD>

LifeHacker - Writing v Typing - <http://bit.ly/2rpxoUj>

Productivity Obsession - <http://bit.ly/2nSBDaX>

Building Brain Resilience - <http://bit.ly/1d888TT>

Chronic Stress on the Brain - <http://bit.ly/2rK80LZ>

Thinking and Calories - <http://bit.ly/2qNk3XK>

LiveScience.com - Brain Food <http://bit.ly/2rgzOWP>

Restful Breaks - <http://bit.ly/2stkEvg>

Doty MD, James (2016-02-02). *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart*. Penguin Publishing Group. Kindle Edition.

McKeown, Greg. *Essentialism: The Disciplined Pursuit of Less*. First edition. Crown Business, 2014.

Scott, S. J. *Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less*. Archangel Ink, 2014. Print.