

Twitter Thread by JACK BLY



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How to enter monk mode and do focus better than 97% of people:

Want to know the 1 secret ingredient every single successful person has?

It's not time.

It's not luck.

It's not money.

It's something makes them stronger than 99% of the population.

Effort multiplied by consistency.

They show up every day without fail.

We have to focus our efforts on meaningful goals to become successful.

Here are 4 things you can start doing right now to achieve maximum productivity:

1) Cutting the bullshit

What do you think happens when most people try to work 6-8 hours?

How many hours of that time do you think people actually spend doing productive work?

Research shows the typical office worker is only productive for 2 hours and 23 minutes a day.

Busy does not mean productive.

Here's how you control this:

- Write down your to-dos
- Pick out a few priority tasks
- Schedule time to focus on those things

Choose the tasks that will guarantee to move you closer to a major goal of yours.

2) Remove all distractions

Studies show it takes 25 minutes to return to 100% focus after getting distracted.

You must ruthlessly protect your focus if you want to get anything done.

Even a few distractions can make a work session entirely fruitless.

Simple ways to reduce distractions:

- Silence your phone
- Wear noise cancelling headphones
- Turn notifications off on your laptop

3) Preparing your workspace

Make sure your workspace is ready for the next day by:

- Cleaning up your desk
- Charging the devices you need
- Opening any tabs, apps, or software you need

Be mindful of both your physical workspace and your virtual workspace.

A major benefit of working from home:

You have more control over your workspace.

Invest in a quality desk, chair, and monitor if you can.

These will make you far more comfortable, energetic, and productive.

4) Lowering your activation energy

The harder it is to do something, the less likely you are to do it.

That's because it takes too much "activation energy" to get started on it.

The more barriers of entry there are, the harder it is to start meaningful work.

How do you reduce the activation energy?

- Close browser tabs you don't need
- Have a clear priority task to work on
- Use an app like Freedom to block distracting websites

This reduces the mental barriers that block you from starting work.

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And if you want more content on fitness and confidence, follow [@TheJackBly](https://t.co/anNVwhloTw)

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— JACK BLY (@TheJackBly) [September 26, 2022](#)