

Twitter Thread by [Lewin | Wealth Pill](#) ■



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Give me 2 minutes and I'll show you how to finish more work in 2hrs than 97% of people do in 2 weeks...

1. Start your day early

Fix your schedule to wake up at 4 AM

This'll help you key in 3 hours to day

Adopt a morning routine that'll keep you motivated during the day

- Set a timer
- Drink a litre of water
- Have a morning walk
- Read a book you've planned

2. Interrupt distractions as they occur

Before you settle for any focused work, modify your environment

Do this;

- Set timer before undertaking tasks
- Turn off notifications
- Focus on a single task

This'll scale your productivity 2x better

3. Work during your peak hour.

Identify when and what get you energized.

During your peak hour;

- Tackle the hardest task.

- Improve the work system

Work on improving the efficiency on undertaking your tasks.

4. Plan before.

Spend 20 minutes in your evening to make a list of 3 most important tasks.

Do this;

- Pick a pen and a paper
- Write down all activities to undertake
- Cancel out the most important to be left with 3+

Have your plan run in 1 day, 100 days and 1000 days.

5. Write a daily to-do-list

Make your to do list short and actionable

Make it;

- More specific
- Have a sense of urgency
- Simplified with digestible tasks

A to-do list act as a roadmap to task completion.

6. Avoid multitasking

Focus your attention on one goal at a time.

This helps you;

- Get less overwhelmed
- Boost your productivity

Energy flow where is directed.

7. Learn how to build flow state

Finish minute tasks

How to create flow state;

- Pick a task
- Set a timer(50 minutes)

- Aim at short term target
- Get rid of distractions
- Take 10 minutes break
- Repeat until you finish the task

8. Set deadline

You work 5x faster with deadlines.

If you set a deadline for 4 hours, it'll get done in 4 hours.

Do this;

- Know what you want to achieve
- Get what you need
- Set aside time

Deadlines help you measure outcome and improve your systems.

9. Learn how to boost your mood

When you feel overwhelmed, do activities to cheer you up

Do this;

- Take a cold/warm lavender shower
- Prepare a cup of coffee/green tea
- Take breaks and regular walks
- Free dance to your favourite song

What gets you in the mood?

11 more days left and the door closes.

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