

Twitter Thread by Library Mindset



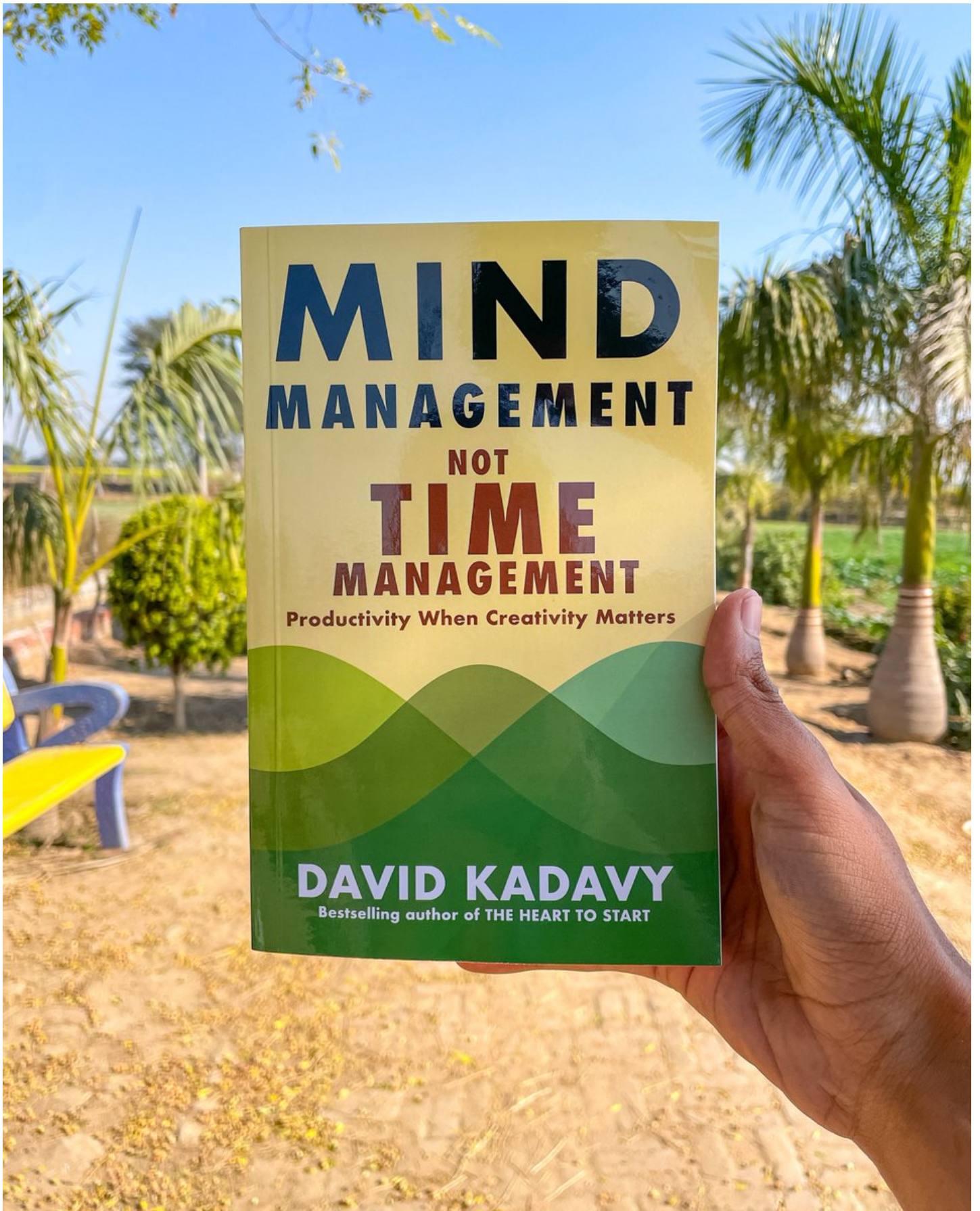
Library Mindset

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7 Lessons from Mind Management Not Time Management

(thread)



1) Things are not difficult to make; what is difficult is putting ourselves in the state of mind to make them.

..... CHAPTER 1

MIND MANAGEMENT, NOT TIME MANAGEMENT

*Things are not difficult to make;
what is difficult is putting ourselves in
the state of mind to make them.*

—CONSTANTIN BRANCUSI

HERE'S ONLY twenty-four hours in a day
conclusion we're supposed to draw from
on observation is: If there are only so many hours
you should make the most of each of those p

2) If you start your day working on the most important thing, there's less of a chance for other things to get in the way. So don't check email, don't check social media - just get right to the most important thing.

Why is that? Because the fewer chances there have been for something to go wrong. Delayed flights from last night have arrived, crew members have gotten rest, and planes with mechanical problems have been fixed. First thing in the morning, each airport is essentially starting with a blank slate.

Life is like an airport. You start the day with the best of intentions, but then delays lead to other delays, which lead to cancellations. By the end of the day, you have a stomach full of fast food and you're sleeping on the floor.

If you start your day working on the most important thing, there's less of a chance for other things to get in the way. So don't check email, don't check social media – just get right to the most important thing. Make it a rule, and it will be easy.

How you use your energy in one part of your day has ripple effects throughout the rest of your day. The First Hour Rule is no exception to this rule. The First Hour Rule helps you start off your day with a win. You feel better the rest of

..... CHAPTER 3

THE FOUR STAGES OF CREATIVITY

*Don't judge each day by the harvest you reap,
but by the seeds you plant.*

—ROBERT LOUIS STEVENSON

FEBRUARY 14TH, 2011. Above the couples sitting on Fullerton Parkway, from the top floor at the horseshoe-shaped brick courtyard building, the soft lamplight bleeds from my windows, in

4) MANY of us approach productivity today as if it's the speed of production, not the quality of our thinking, that matters.

said, “Earn with your mind, not your time.”

This is true if those thoughts become the words in a novel, or if those thoughts help you learn a new skill that you add to your repertoire. It’s true if you’re an entrepreneur building a world-changing startup, or a social worker helping a family navigate the benefits available to care for an aging parent.

YET MANY of us approach productivity today as if it’s the speed of production, not the quality of our thinking, that matters.

You could trace this attitude back to Frederick Taylor. More than a century ago, Frederick Taylor revolutionized productivity. Today, the remnants of “Taylorism” – as his methods came to be known – are ruining productivity.

THE END OF TIME MANAGEMENT

As the nineteenth century was turning to the twentieth century, Frederick Taylor grabbed a stopwatch. He stood next to a worker, and instructed that worker on exactly how to pick up a chunk of iron. *Bend in this way, grab the iron in this*

5) Your final product is no good unless your ideas are good, too.



DIVERGENT CONVERGENT

So the challenge in doing more and better writing, or the challenge in any creative work, is to balance divergent thinking with convergent thinking. You need to generate ideas, but you'll move forward with only the best ideas. As you complete your final product, you need to put on the finishing touches.

But **your final product is no good unless your ideas are good, too.** As you refine your ideas with convergent thinking, you need to start with good ideas – generated by divergent thinking.

So, how do I design this new life around having good ideas? I need to find my “Creative Sweet Spot.”

Your Creative Sweet Spot is the time and place in which you do your best creative work. Your Creative Sweet Spot is the “big rock” around which you build the rest of your

comedians ever, by anyone's estimation. Or, consider that Marisol would sit so still for hours at a time – like one of her sculptures – that spiders built webs between her arm and torso *on a regular basis*. As *The Color Purple* author Alice Walker said, “In order to invite any kind of guest, including creativity, you have to make room for it.”

When we have extra money, we save a “nest egg.” That nest egg will earn interest and become more valuable in the future. As these examples clearly illustrate, the time we leave unused in the present can have the same effect. **Time spent doing nothing today reaps benefits tomorrow.** So, when you save time, keep it.

Clearly, our use of time management has surpassed the point of diminishing returns – and the point of negative returns. To do the creative thinking we need in today's world, we need a different way of getting things done.

THE TWO FALSE ASSUMPTIONS OF TIME MANAGEMENT

The “time management” paradigm makes two false assumptions that are at odds with what it means to be productive in

7) The thing that determines whether what you produce does extraordinarily well or extraordinarily poorly is the quality of your ideas.

The *time* you spend on one result versus another may be exactly the same. You can work just as hard on the novel that sells zero copies as the novel that sells a million copies. Both novels may have the same number of words. Both novels may be free of misspellings and grammar mistakes. **The thing that determines whether what you produce does extraordinarily well or extraordinarily poorly is the quality of your ideas.**

When you're moving chunks of iron, you can easily connect the work with the results. You pick up the iron, and you've moved it closer to its destination. But when you look at how ideas happen, you can't connect the quality of those ideas to the time you spend on them. Yes, with any novel, you're going to have to spend some time moving your fingers on the keyboard. But the juicy idea behind the novel that sells a million copies may come out of nowhere.

Neuroscientists can give people a creative problem to

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