Twitter Thread by Elizabeth Spiers



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I'm a nerd re: productivity systems, so here's a thread of some books and things that helped me this year, and might be helpful for some of you making New Year's resolutions:

I like books that use behavioral science and / or neuroscience to guide recommendations. To that end, @bjfogg 's Tiny Habits is really good. Maybe the best productivity book I read all year. https://t.co/ofggjSfkVW

The best one I read last year was @jamesclear's Atomic Habits. It's a quick, easy read and it prompted me to start habit tracking, which has been really useful: https://t.co/hxNrt0IQkm

I don't have hyperactivity issues but I have big inattentive issues, so CBT strategies for adult ADHD have been very helpful for me. This one's a little pricey, but had some techniques that I hadn't seen before: https://t.co/KAGuHglDl7

This one is about systematizing research and ideas using a methodology called Zettlekasten that was developed by a German sociologist. https://t.co/NkYWsT4V5o

Zettlekasten takes some investment, but it's been a vast improvement on my usual system of Take Notes In A Notebook And Then Never Do Anything With Them. More about it here: https://t.co/ERzOvoCev5

Also, I've been doing some version of Julia Cameron's Morning Pages for a while, but mine doesn't have a page req and it's more like Morning Garbage Brain. I dump whatever's distracting me into a Word Doc and then it's out of mind long enough for me to get work done.

Lastly, I live with two humans who hate silence. I like silence. Silence is great. But now we're all together 24 hours a day thanks to covid, so I finally invested in some high grade earplugs. Five year old can play Kidz Bop all day, but I don't have to hear it.

That's all I got. But if you have recommendations, drop them in this thread, because I'm always looking for new techniques/strategies I haven't seen before.