

Twitter Thread by Ross ■



Ross ■

@THEROSSHARKNESS



I've spent 3 years learning about productivity

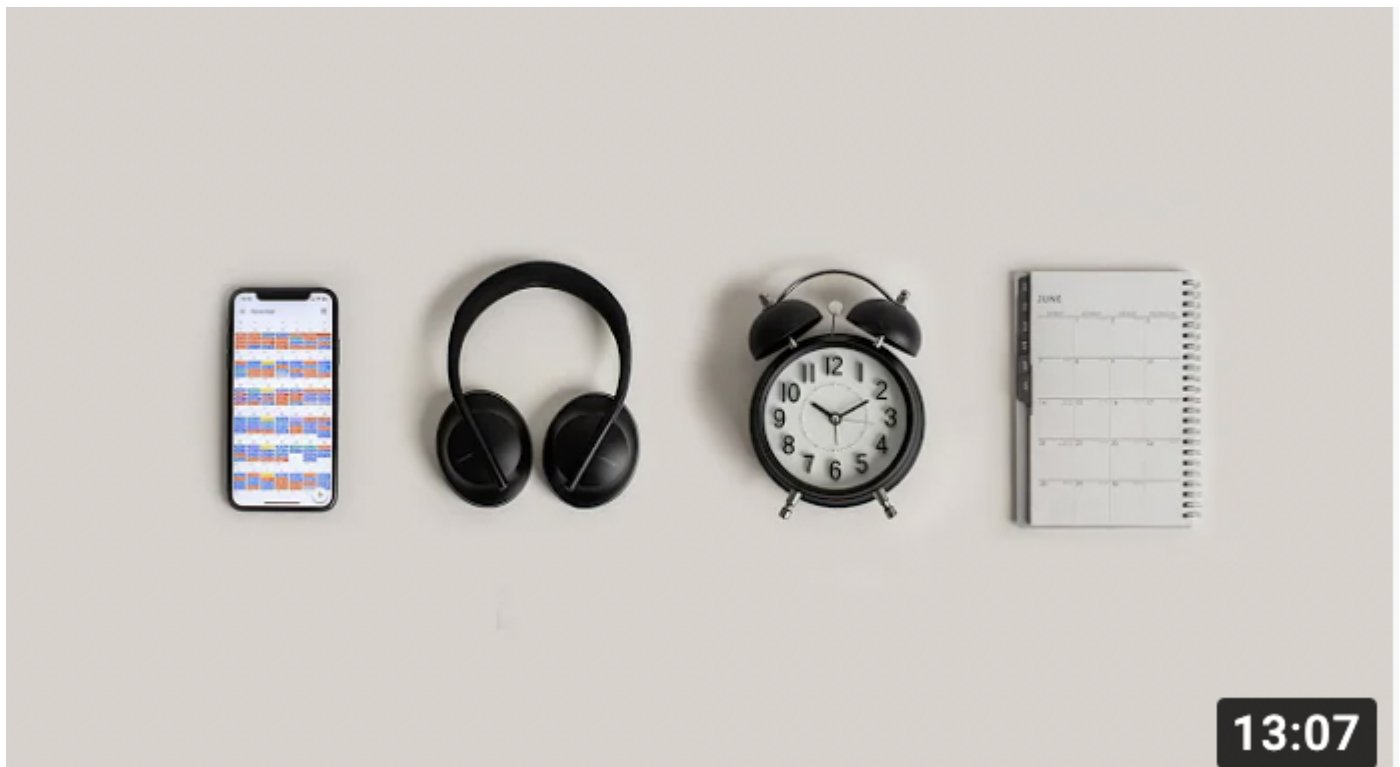
Here are 6 youtube videos that will help you be more productive than \$10 000 of coaching:

1. 4 Rules To Help Increase Your Productivity

<https://t.co/dT1N5mKGxm>

Lessons:

- Things often take longer than expected
- Hours spent working and uninterrupted hours spent working are not the same.



2. How to Get Your Brain to Focus | Chris Bailey | TEDxManchester

<https://t.co/MGslgnm9jC>

Lessons:

- Limit screen time massively
- Don't be afraid of being bored



3. Controlling Your Dopamine For Motivation, Focus & Satisfaction | Huberman Lab Podcast #39

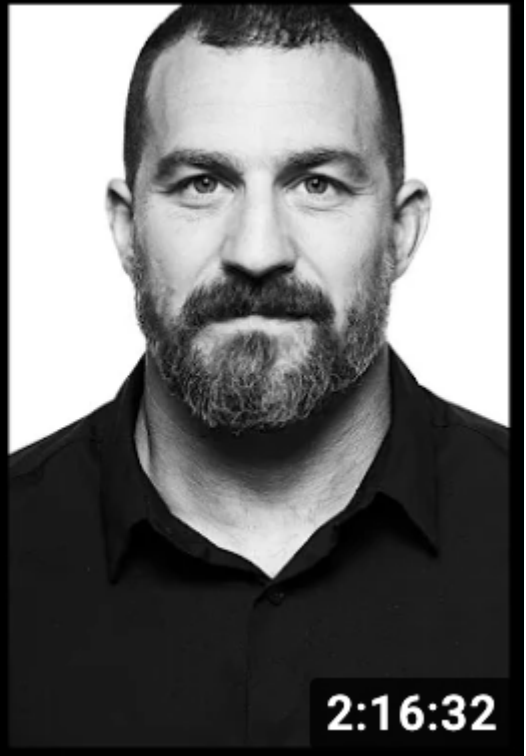
<https://t.co/JFg8HHYgEZ>

Lessons:

- Learn to derive dopamine from effort itself
- Avoid cheap dopamine (processed sugar, social media, porn)

DOPAMINE MINDSET & DRIVE

HUBERMAN LAB



2:16:32

4. Optimizing Workspace for Productivity, Focus, & Creativity | Huberman Lab Podcast #57

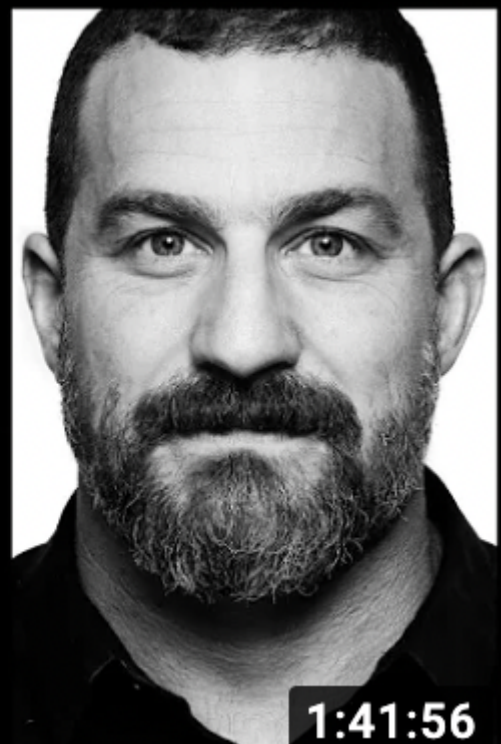
<https://t.co/eKZFx2xzEb>

Lessons:

- Alternate between sitting and standing when working
- Change the room you work in according to the task you're completing

OPTIMIZE YOUR WORKSPACE

HUBERMAN LAB



1:41:56

5. How To Enter A Deep Work Flow (Best Schedule For Maximum Productivity)

<https://t.co/IDUu7WMOxz>

Lessons:

- Have a start up AND shut down ritual
- Remove all distractions (including your phone)

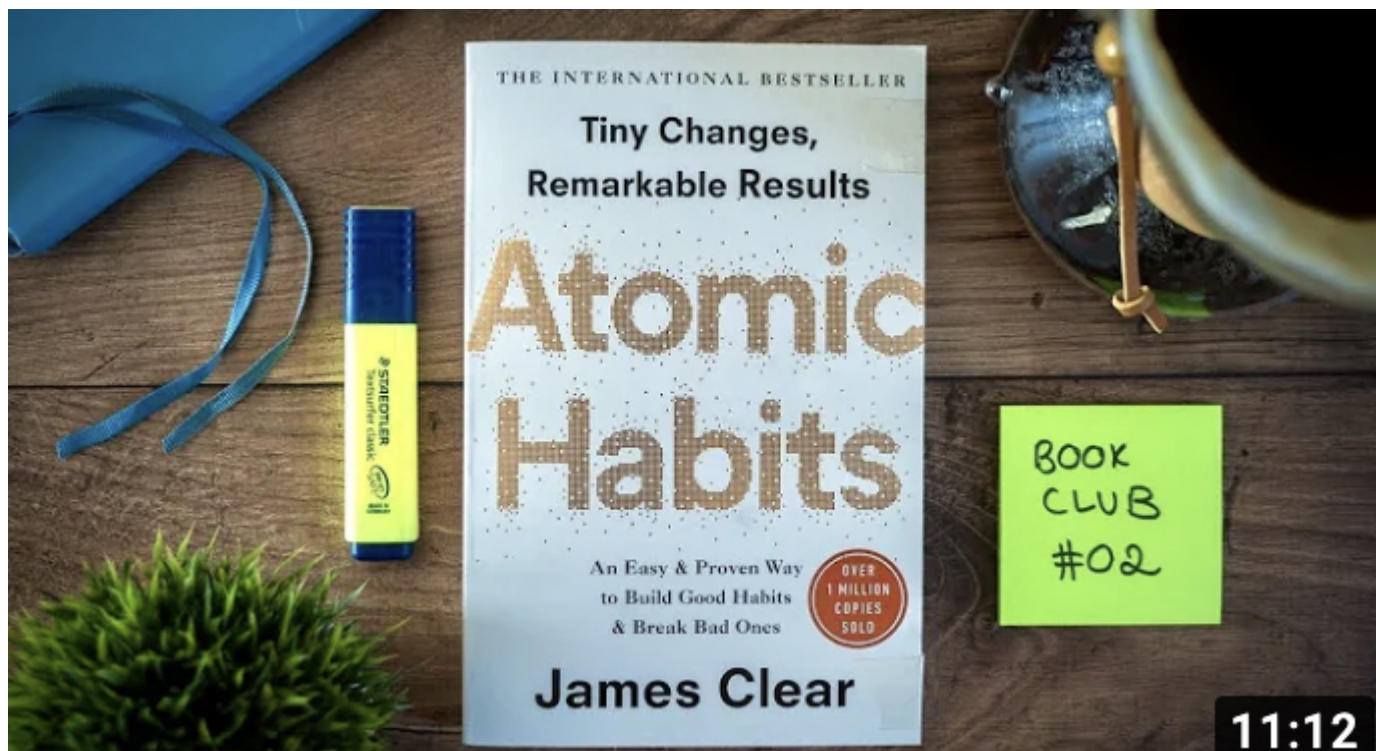


6. Tiny Changes, Remarkable Results - Atomic Habits by James Clear

<https://t.co/h1VNVN32xT>

Lessons:

- Identity change is king
- Immediate rewards create repetition



THE INTERNATIONAL BESTSELLER

Tiny Changes,
Remarkable Results

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones

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11:12