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)



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



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)

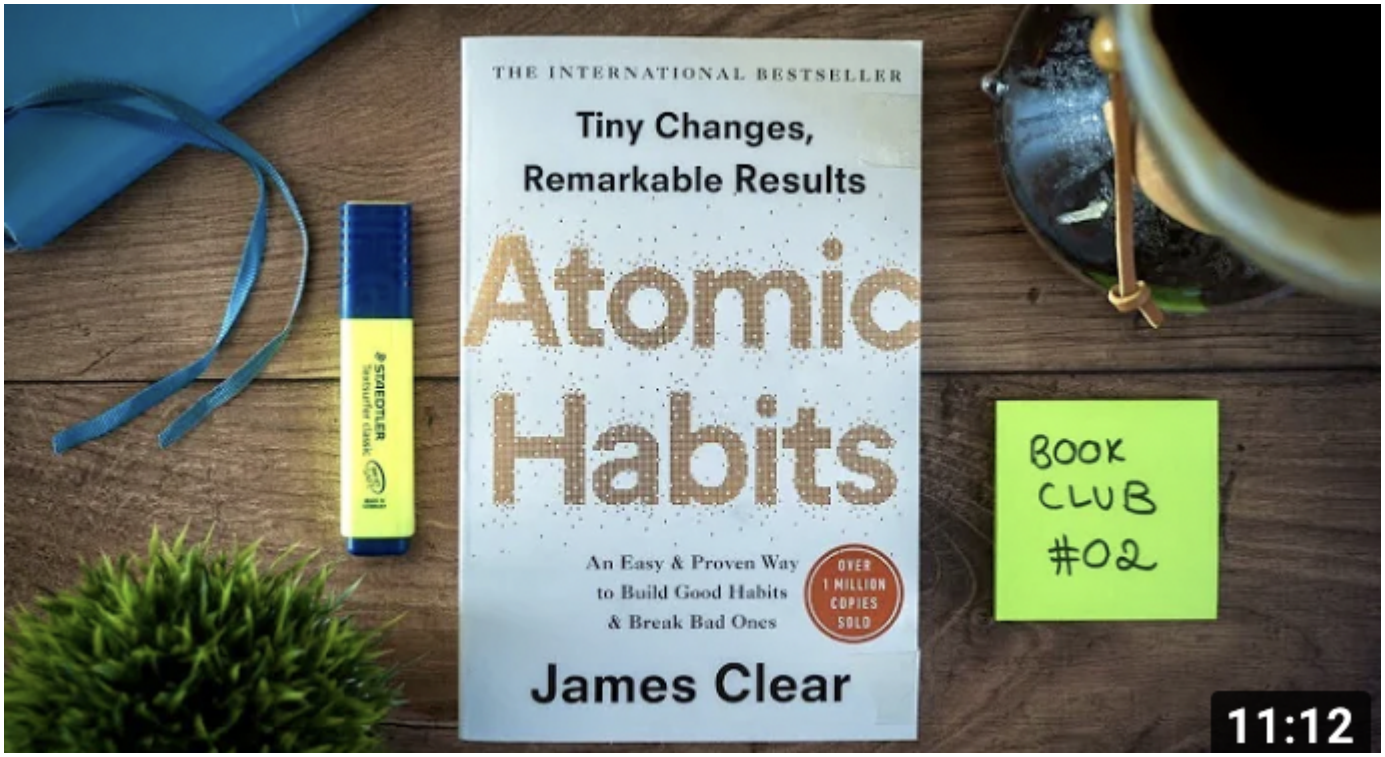


6. Tiny Changes, Remarkable Results - Atomic Habits by James Clear

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
OVER 1 MILLION COPIES SOLD
James Clear
BOOK CLUB #02
11:12