Twitter Thread by Leon



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Don't become more productive. Do this instead.

//// A THREAD (you need to read) ////

Roughly speaking, there are two paradigms of science:

Reductionism and Holism.

Reductionism considers that breaking down any system into its constituent parts is the best way to understand it fully.

In this paradigm, all systems can be fully reasoned only with reference to their elementary parts. The whole is just the sum of the parts.

Holism understands something in reference to the ecosystem it belongs to and the relationships between its constituent parts. To a holist, the whole is more than just the sum of the parts.

While Reductionism doesn't care about the relationships between the interconnected parts within a system, Holism uses those as the core reference for its analysis.

Why does this matter?

Well, applying a reductionist stance to a simple system is enough because you won't miss out too much on critical relationships between its constituent parts. There aren't that many, after all.

Applying a reductionist stance on a complex system, though, is a surefire way of missing the critical elements that provide a complete understanding of what it is, how it works and why it matters.

Holism and Reductionism's dichotomy leads to several fundamentally different perspectives on many phenomena that constitute our reality.
Nowhere near as obvious as in relation to the concept of "PRODUCTIVITY"

See, all humans are complex systems product of hundreds of thousands of years of evolution. Our minds and bodies are perfected biological structures adapted to the environment we have evolved in as a species.

The problem?

The speed of transformation of the environment (natural, social, political, technological) has been much faster than the human species' biological evolution.

There's a mismatch between both evolutionary inertias that can't be understated.

This mismatch has to be acknowledged (from a holistic -or systems-thinking-based- perspective) when dealing with the concept of productivity.

The core idea of this thread: trying to become more "productive" by harnessing the power of a new mental model or tool (use Notion, don't use social media, dopamine fasting etc...) is a reductionist approach that doesn't work in the long term

It doesn't address the evolutionary mismatch between your biological nature, and the ecosystem you operate into.

It is a 1-side approach to a complex problem: how to optimize a complex system (You) for maximum productivity.

It is bound to fail in the long term.

The solution? Ditch the concept of productivity, and embrace the concept of "personal performance".

Transform your understanding of yourself.

Think of yourself as a complex system, an interconnected web of biological processes with heavy evolutionary inertia that needs to be optimized in the context of our current data-driven knowledge economy.

Your job is to analyze, dissect, optimize and master that machine from a holistic (systems-thinking-driven) perspective.

Optimizing your performance is therefore the process of dissecting, analyzing, and rebuilding the whole System of You based on the relationships between its constituent parts and the ecosystem you inhabit for maximum output.

While Productivity is about changing processes, Performance is about changing paradigms.

Performance Optimization 101:

1- Change your paradigm (from Productivity to Performance)
2- Identify the levers, pitfalls, dependencies & tradeoffs within "the System of You".
3- Correct the pitfalls.
4- Optimize for the right goals, on the right limits, with the right timing.

Improving about productivity will make you 20% more "productive".

Becoming a peak performer will 10X your "productivity".

Choose wisely.

If you need help implement these concepts, or want to truly & radically transform how you operate in the world, learn how we can help you here:

https://t.co/n3RCR3GX3d

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