Twitter Thread by Brian Armstrong



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1/ Productivity tip: when I keep procrastinating on something I often trick myself by saying, "ok just work on it for the next 20 minutes" or some short period of time, "and then you can chill/relax guilt free" and give myself some treat (sugar, netflix, etc)

2/ Usually at the 20 minute mark (sometimes I set a timer) I'm so engrossed in what I'm doing that I don't want want to stop and end up working on it for the next hour or two. But getting started seems to be the hardest part.

3/ Key to this: you have to actually be ok with stopping after 20 minutes and being guilt free if that's how you feel. So it's not a trick, i have the option every time, I just often don't want to use it once i'm in the zone.