

# The Secret to Mastering Productivity

Productivity. It is a measure of our efficiency and capability to create income. It is a defining factor in all of our lives and entire nations compete with each other based on their per capita productivity. It is a term that all leaders strive to be better at.

One of the first things we need to notice when starting as a leader is that there are never enough hours in the day, so to succeed, so along with our teams we must get the most out of these precious hours.

Why do we spend so little time thinking about thinking? On an average day we are used to find the number of projects and tasks that we have to complete overwhelming. We wake up early in the morning, immediately grab our phones and start replying to the emails and calls that had built up overnight. The stream of consciousness begins and we are caught in it until late that night when we close our laptop and plug our phones in to the charger. When we're in the stream, our mind jumps from one task to the next, we're heavily affected by emotions and are not consciously thinking about what we're thinking. We need to gain a mental perspective and observe the stream of consciousness, stepping back to think about what we're thinking.

## Learn to truly focus

It's amazing to see someone diligently focus on the same task for hours on end. When we are aware of our thoughts we will be able to continuously bring our mind back to the task at hand when it wanders and control our emotions before they control us.

## Actualize yourself

Self-actualization has been shown to improve core elements of productivity like creativity and problem solving. Continual self-reflection and knowing who we truly are, allows us to remain uninfluenced by external factors when others are affected by them we are able to adapt and adapt quickly. If we train our mind we can have immense power over our outlook, eventually rendering external factors irrelevant and mastering focus.

We will quickly understand that the journey of learning and self-improvement is never over. Having a true mastery of focus means knowing that we will never fully master it, but starting on the journey is what stops most people.