Goskills

How to Start Every Day with Productivity

GoSkills online course syllabus

Skill level
Beginner

Lessons
8

Pre-requisites
No prior experience needed

Video duration
25m

Estimated study time
25m 47s

Instructor
Ali Schiller

Introduction

1 Starting the day with productivity

Grasping this cognitive principle is key to improving task organization and efficiency, ensuring better sleep and a productive morning.

How Procrastination Sneaks Up on You

2 Let's talk about procrastination

Understanding procrastination many faces can unlock the door to better productivity.

3 Spotting procrastination red flags

Uncovering the hidden triggers of procrastination can dramatically alter your approach to tasks and projects.

4 Cultivating a mindset productivity

Productivity can often feel like a daunting journey, especially when procrastination silently undermines our best intentions.

5 Building productive routines

Uncover the power of building productive routines to sidestep procrastination and enhance your daily workflow.

6 Why do we procrastinate

Exploring the underlying causes of procrastination can lead to enhanced productivity and self-insight.

7 Socializing productivity success

Unlocking your potential often starts with the right support system.

Conclusion

8

Essential tools for productivity

Utilizing basic tools and habits can transform your productivity and attention.

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