

Tiffany Julie's

Increase Your Productivity by 30% a Week

Top 5 Strategies

Let's face it we can all use more productivity in our schedule and the truth is that it's not that hard!
Increasing our focus, energy, and effectiveness every single week is actually really easy.

These are the strategies I learned and use as a High Performance Coach.

These 5 habits have been proven to have an incredible impact when consistently implemented not only with myself and my clients but with Olympic athletes, and Fortune 500 CEOs.

If you are in search of more vibrancy, joy, and progress than try these 5 habits out for yourself and see first hand the rewards they bring.

More Sleep

Remove Energy Drains

Miracle Morning Power Block

50 Minute Block Times

Energy Generating Breaks

Tiffany Julie's

Increase Your Productivity by 30% a Week

Top 5 Strategies

1 Add 50 minutes of sleep to your schedule.

Ask yourself what do I have to do in my schedule today to create more room for sleep?

Idea 1: _____

Idea 2: _____

Idea 3: _____

2 Clean up energy drains.

What is one energy drain I am willing to work on letting go of today?

Categories to consider.

- Routine
- Bank Account
- Relationships
- Work

Energy Drain: _____

3 60-minute morning power block.

1. Do not check your phone, email, social media or any device for the first hour you are awake!
2. What does my mind, body, and soul need to start off the day right?

Mind: _____

Body: _____

Soul: _____

Spend 10 minutes on each morning doing those things.

3. What is my intention for the day and what kind of energy will I bring to every situation?

Intention: _____

Energy: _____

4. Become intentional with your day by strategizing how it will go.
 - What are the 3-5 major projects you are working on?
 - What are the major things I would have to do in order to advance those projects forward?

This doesn't mean you have to do all of those things today! It just helps to start the day strategically by keeping your biggest visions close to your heart.

Tiffany Julie's

Increase Your Productivity by 30% a Week

Top 5 Strategies

4 Have 50 minute block times in your schedule.

Ask yourself what you need to work on during the 50 minute uninterrupted time blocks?

Start with one or two 50 minute power blocks.

As you become more creative and productive during these power blocks schedule more in your day.

Main Projects that need my undivided attention to complete.

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____

Now go and schedule them into your day.

5 Energy generating breaks every 50 minutes.

Brainstorm a list of things you can do during your brakes that will generate more energy for you today.

Here are some suggestions but come up with ideas that work for you.

- Stretch
- Bounce in place and breathe deeply
- Put on a kick-ass song and dance like a fool
- Go outside and get some fresh air with a brisk walk
- Close your eyes and meditate
- Meridian Points

List of energy generating ideas.

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____
- 6: _____
- 7: _____

When you sit down to work set a 50 minute timer. When the alarm goes off choose one of your activities from the list above and spend 10 minutes doing that thing.