

Powerful Habits for Healthy Productivity

Before we can jump into how a healthy life increases productivity, let us talk about what exactly is a **healthy lifestyle**.

The term is quite broad and encompasses of quite a few things.

Eating healthy, regular exercise and having emotional wellbeing are just some of the things that you should focus on; a small thing such as drinking water benefits us as well. Small changes in our lives can lead to a *healthier lifestyle*.

We're creatures of habit. Habits are important because they program how we act, think, and feel in particular situations. They can guide us into success and happiness towards our biggest dreams, objectives and goals. Or, they can lead us to frustration and disappointment because of never reaching those dreams, objectives and goals.

If you're looking to maximise your health and productivity, start with these few powerful habits:

1. Become familiar with your "why."

It all starts with asking 'why' - knowing why you're doing what you're doing.

Once you have your motives, this provides your petrol and courage to continuing on the journey even during those inevitable tough days.

2. Think big, but take small and actionable steps.

Pursuing new goals and improving on current endeavours can initially feel overwhelming. If you feel overwhelmed, this means you're trying to bite more than you can chew.

Don't quit, just make your daily actions smaller. Keep breaking your goal down until it's something that feels manageable in the current moment.

3. Daily routines are key.

What you do on a constant basis matters more than what you do occasionally. Daily routines are essential because they instil discipline and structure in your day. Your daily routines start with establishing morning habits that propel you to success for the day.

4. Stop Multitasking and avoid distractions. Instead, simplify things.

You probably consider yourself to be a master-multitasker. You can answer the phone, respond to an email and dabble on a project (all whilst eating a sandwich whilst sitting on the toilet). In reality, the quality of your work is compromised. Multitasking lowers IQ and EQ, slows you down, increases stress levels and causes mistakes. Master unitasking instead.

Did you know that **focus** is a fundamental quality of productive people? Our brains are wired to work best when we focus on a single task. Practice staying focused and strive to complete one task before diving into another.

Often, we do things because "*that's the way we've always done it*" even if it's complicated or messy. Find something each week to simplify or automate: a difficult system or process, a messy office, daily tasks, or email. Your efficiency will increase by keeping things simple.

5. Rest is essential.

In a world that awards medals to those who overwork and push themselves into the ground, it's important to not overlook your rest and recovery.

To fire on all cylinders requires that you allow your body some downtime to recharge through sleeping.

Without sleep and regular breaks, your waistline, productivity, happiness, and bottom line will suffer.

6. Scheduling is everything.

If you talk about it, it's a dream, but only once you mark it on your schedule does it become an actual thing. Many proclaim they want to get healthier, start a business, and quit their job, but what story is their schedule telling?

Talk is great, but the action is even better. If it's a priority, then it'll make its way onto your schedule.

7. Action (even imperfect) takes precedent over everything else. But don't forget to identify your blind spots.

Good luck favours those who show up and take action, even if it's imperfect. You're only going to improve once you step onto the playing field. Planning can be a disguised version of procrastination.

Blind spots are areas we are unaware of about ourselves and may cause good intentions to be perceived in a negative way. Blind spots can hold you back and prevent professional development. To identify blind spots you must be willing to look at yourself honestly, ask others for feedback, and be willing to make changes. Reach out to your peers and ask how you are perceived; you may discover behaviours that hinder your influence as well as strengths you're not aware of. View feedback as an asset rather than a judgement; which will allow you to make adjustments to align your reputation with your ideal self.

8. Commit to the long-term game and be a great finisher

We live in a microwave generation where many want results yesterday and since they don't have them today, they give up or start complaining. Unfortunately, success doesn't operate under a microwave vacuum.

Truly sustainable health and productivity requires patience and experimentation. Everything isn't going to work out at the beginning, nor will the journey be a walk in the park

Understand that chasing immediate gratification only leads to long term stress and disappointment.

Many of us are great starters but we fall short on finishing. Think about how many times you've started something new: a project, a New Year's resolution, or a letter

and end up adding it back on your to-do list. Keep a journal of completed projects and reflect on it to demonstrate your contributions and accomplishments.

9. Be mindful of your environment.

You are who you hang out with and where you spend your time at. If you hang around those who eat junk food and don't prioritise their personal growth, then don't be surprised if it rubs off on you.

Your environment is crucial because it has the ability to affect the way you see the world and how you interact with it.

Take an assessment of the company that you're currently keeping. Are they inspiring you or holding you back?

10. Simply Listen.

Listening is vital to effective communication. Spend time thinking about how you listen. Do you interrupt others? Mature listening skills lead to increased productivity with fewer mistakes, innovative growth, and higher client satisfaction rates.

11. Be mindful of what you consume.

Not only with what you eat but also with what you're consuming in regards to what you read, watch, and listen to. Understand that if you want to change your business, life, and body, then this starts with changing your daily consumption habits.

12. Don't play the comparison game.

The most energy-draining game to play is the comparison game. In today's hyper-connected world, it's easy to fall into this trap because around every corner is someone seemingly doing something way cooler and bigger than you. They're mostly seem to be healthier looking, wealthier and having more fun, but don't fall for this illusion.

Understand that your specific journey is about you and only you. You are your only competition. Don't let the illusion of someone's edited video clip compete and compare with your raw and unedited behind the scene footage.

13. Get a Coach/Mentor

Enhance your skills with a mentor. A mentor can offer new insight, perspective, and vision. Working with a mentor will stretch your thinking and supply you with a stream of self-development ideas related to your unique skills and talent.

14. Bonus point - Passion is one of the most important drivers of success.

If you don't love what you do, it's difficult to put your best effort forward and perform to the best of your ability. Ensure your values are reflected and respected in your personal and professional life so that you see true meaning in all that you do.