

- Wake Up Early
- Don't Multitask
- Set Designated Times to Check Email/Voicemail
- Set Automations
- Batch Your Work
- Use a Schedule/Planner
- Prioritize Tasks
- **♦ Take Breaks**
- Remove Distractions
- Make Your Commute/Waiting Time Productive
- Learn to Not Be a People Pleaser-Learn to Say "No"
- Play Background Music
- Reward Yourself for Sticking With Your Schedule!