

Steal this Productivity Cheat Sheet to GET SH#T DONE

Pomodoro Technique



1. List your tasks.



2. Set a 25-min timer.



3. Focus and work.



4. Take a 5-min break.



5. Repeat 4 times, then break for longer.

3/3/3 Method

From Oliver Burkeman. Do these daily:

3

Spend 3 hours working on an important project.

3

Complete 3 shorter urgent tasks or meetings.

3

Do 3 maintenance tasks to keep life running smoothly.

Eisenhower Matrix

		Urgent	Not Urgent
Important	Important	Do it	Schedule it
	Not Important	Delegate it	Eliminate it

Eat the Frog

Do your hardest task first. The rest will be easier.

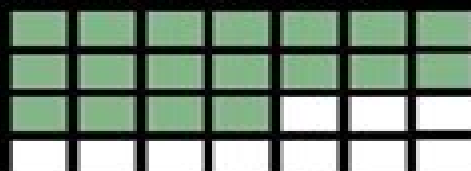


"If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first."

— Mark Twain

Seinfeld Strategy

1. Set your goal.
2. Mark a calendar each day you do it.
3. Keep the streak as long as you can.
4. Never miss 2 days in a row.



Time Blocking

9 - 12 Deep Work

12 - 12:30 Email

12:30 - 1 Lunch

1 - 2 Gym

2 - 2:30 Break

2:30 - 4 Meetings

1. Identify what needs doing.
2. Group similar activities together.
3. Assign time slots for tasks.
4. Plot blocks on a calendar.
5. Stick to the schedule.
6. Take breaks between blocks.
7. Make changes if needed.

Find this helpful? Follow Chris Donnelly for more.

Get Sht Done

JS Bruner



Get Sht Done:

The book delves into Get Sht Done. Get Sht Done is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Get Sht Done, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Get Sht Done
- Chapter 2: Essential Elements of Get Sht Done
- Chapter 3: Get Sht Done in Everyday Life
- Chapter 4: Get Sht Done in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Get Sht Done. This chapter will explore what Get Sht Done is, why Get Sht Done is vital, and how to effectively learn about Get Sht Done.
3. In chapter 2, the author will delve into the foundational concepts of Get Sht Done. This chapter will elucidate the essential principles that must be understood to grasp Get Sht Done in its entirety.
4. In chapter 3, this book will examine the practical applications of Get Sht Done in daily life. This chapter will showcase real-world examples of how Get Sht Done can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Get Sht Done in specific contexts. The fourth chapter will explore how Get Sht Done is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Get Sht Done. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Get Sht Done.

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Table of Contents Get Sht Done

1. Understanding the eBook Get Sht Done

- The Rise of Digital Reading Get Sht Done
- Advantages of eBooks Over Traditional Books
- 2. Identifying Get Sht Done
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Get Sht Done
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Get Sht Done
 - Personalized Recommendations
 - Get Sht Done User Reviews and Ratings
 - Get Sht Done and Bestseller Lists
- 5. Accessing Get Sht Done Free and Paid eBooks
 - Get Sht Done Public Domain eBooks
 - Get Sht Done eBook Subscription Services
 - Get Sht Done Budget-Friendly Options
- 6. Navigating Get Sht Done eBook Formats
 - ePub, PDF, MOBI, and More
 - Get Sht Done Compatibility with Devices
 - Get Sht Done Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Get Sht Done
 - Highlighting and Note-Taking Get Sht Done
 - Interactive Elements Get Sht Done
- 8. Staying Engaged with Get Sht Done
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Get Sht Done

9. Balancing eBooks and Physical Books Get Sht Done
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Get Sht Done
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Get Sht Done
 - Setting Reading Goals Get Sht Done
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Get Sht Done
 - Fact-Checking eBook Content of Get Sht Done
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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