

Thieves of Productivity

From Thieves of Productivity
from Boundaries.me Course

This is from a course that Henry Cloud has on his Boundaries.me website. It is an interview with Julie Funt, a corporate consultant specializing in employee time management. It is a paid service, so this link requires the visitor to purchase the course. I thought it was one of the more elegantly simple courses that explains the disaster that happens without us often knowing it, only that we seem frustrated and unable to get our projects finished. You don't really need to purchase the course, unless you really want a deeper dive, but I did want to credit the source of this article.

In helping people to reduce busywork and execute better, Julie has created techniques and thinking to help identify and even stop the intrusion of these thieves on our time. Most people feel it's their fault; they sit in their studio feeling overloaded, exhausted, their to-do list overflowing, and feeling that everyone else has cracked the code and they're getting nothing done.

Four Main Drivers that fuel overload. All of them are positive things that run amuck.

Good Side	Bad Side
Drive	Over Driven
Excellence	Perfectionistic
Information	Information Overload
Activity	In a State of Frenzy

These are all positive attributes, but they've morphed into something that is seducing you away from being truly productive. They stimulate you with all sorts of *little wins*, like little tiny boxes that you can keep checking off. These are all wonderful attributes, but they don't have boundaries. They over grow and over grow like an evasive plant - that's beautiful, but it's taking over your life.

This starts with talking about what WhiteSpace is and what it's not. In today's world in all the technology, there have been some confusion about what's really an aid to creating and what's not.. More specifically what's going on in your head and what's not, even though it may *seem* like it's going on in your head, there are time thieves that steal energy and time from you as you are in the process of creating or just getting started on a project.. This can seem like procrastination, or putting off a project until it's too late or the idea of doing that project seems crushing. This creates a situation in which your physical brain doesn't have the *space* because it is always being bombarded by stimulation of some sort or another. This is where Julie has created a term called WhiteSpace which she defines as a strategic pause taken between activities. Thoughtfulness needs to have as much a priority as exertion. Thinking is the action of thinking