



SMACK HAPPY

VIDEOCAST

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VIDEOCAST NOTES #015

TOP PRODUCTIVITY HACKS (SELF-HACKS) YOU CAN DO TODAY

CONDENSED NOTES & KEY TAKEAWAYS



So, what is Organization Porn?

“Organization porn” is otherwise known as “stylized images of everyday objects stacked, laid and arranged in a neat, visually pleasing way.” (CNN style) If this sort of thing doesn’t inspire you to begin organizing—we don’t know what will. From pantries to desks, there’s something for everyone’s organization viewing pleasure. Check out #organizationporn on Instagram for some inspiration.

What are these self-hacks all about?

Not all of us are so perfectly organized, though. These self hacks are more about doing something a little bit better and learning to incorporate new habits into it.

Self-hack #1: Timing Things That You Don’t Want to Do

Figuring out how much time things take to do can be really helpful to motivate yourself when you’re feeling not so mo-

tivated. When it comes to things you kind of don’t want to do—ask yourself, “How little of time do you want to devote to this?” Let’s say you want to devote two minutes to doing that *thing* you don’t want to do. Set a timer for two minutes, and oftentimes once you keep repeating this, you continue past two minutes.

Self-hack #2: Timing Things That You Love to Do

It’s also helpful to set a timer on things that you love to do so that you don’t spend all day doing that. While this feels great, it takes away from all of the other tasks that need done.

Self-hack #3: Where to Start When You Don’t Know Where to Start

Bring in your people! Have a conversation with your friends, family, or coworkers, and let them know the situation and that you’re just unsure what to do next. Talk it through. Being social pulls you out of that stress response and helps push you forward.

Tip: Try nature to clear your head. Just be with yourself for even just five minutes and take in the surroundings—nothing more. Nature doesn’t require you to give it attention like the modern world does. Go on a hike. Go to the beach. Sit on your porch and listen to the birds or sounds of the city.

Listen or watch the Videocast to enjoy more self-hacks and advice that easily increases your productivity. Work smarter, not harder! ;)

This week’s special guest:
Emily Anderson of MLE Insights

MLE Insights, is a San Francisco-based professional home organizer who helps clients design and build the lives they want. Ultimately, MLE helps you find more balance so you can make room for what matters most.