

By adopting these habits, you'll discover how productive life can be. Dare to dream big and accomplish the unthinkable!

### **1. Have a plant on your desk**

Sound silly? A recent study found that people with a plant on their desk are 40% more productive and creative. Having a plant nearby will produce more oxygen, reduce stress, reduce airborne molds and bacteria in the air, and even boost your immune system! Well, if you can't have a plant, you can spend some chunk of times of the day in green areas outside.

### **2. Visit your goals every day**

If you need constant inspiration to stay on track, make a habit of looking over your short-term and long-term goals every day. A good habit is to contemplate, plan, and visualize your goals for five minutes every morning over your breakfast or hot tea.

### **3. Know when to say “yes” and “no”**

In order to feel accepted, many feel they need to say 'yes' to every request. Pride your time and abilities, and only engage in those projects which support your elite productivity.

### **4. Sell your T.V.**

Instead of watching others and their success, use the time you'd spend in front of the silver god to invest in your own dreams. Get out and walk in nature to stimulate a productive dialogue with yourself, and often you will find inspiration for future great ideas!

### **5. Sort your relationships**

If you seek success and a fulfilled, happy life, be willing to say goodbye to energy vampires. Individuals that drain your energy or constantly harp on your goals are only holding you back from realizing your unlimited potential. Seek inspirational mentors, which can be your PI, another college professor, or a friend.

### **6. Keep Organized**

Mess creates stress. Clean it up and work in an environment that is conducive to your studies.

### **7. Stop Multitasking**

New research confirms that distractions common in modern day living are rewiring the way the brain works. Choose one task to focus on and give it all of your attention.

### **8. Get Fit**

Take care of yourself first so you can be as efficient as possible. Being in peak physical condition can create explosive energy, renew your focus, and heighten your creativity.

### **9. Adopt Routine**

The lives of highly productive and creative men, like Thomas Edison, John Grisham, and Stephen King, follow strict daily routines. Peak productivity is not about luck, it's

about devotion. Be willing to set a schedule (get up, start work, exercise, and relax) and stick to it.

#### **10. Work chunks at a time**

Working for 90 minute blocks with a ten minute break will allow your brain's RNA to replenish. It's then easier to go back to your work refueled. (Spirulina, the blue-green algae, also replenishes your brain's RNA which can make you more productive).

#### **11. Use your commute time**

If you're spending thirty minutes traveling one way per day, in one year you've spent 6 weeks of 8 hour days in your car. Listen to an inspirational audiobook, podcast, or study materials while you carpool with another individual.

#### **12. Get lost**

Escape to a quiet zone where there are no distractions. Turn off your devices and let yourself create, write, plan, and create. With intense focus, you will achieve massive results.

#### **13. Drink more water**

When you're dehydrated, it's more difficult to think; you'll also experience a loss of energy. Begin your day with 8 oz of water (optimally with lime or lemon juice) and boost your body's hydration.