

# 176: Productivity Versus Distraction

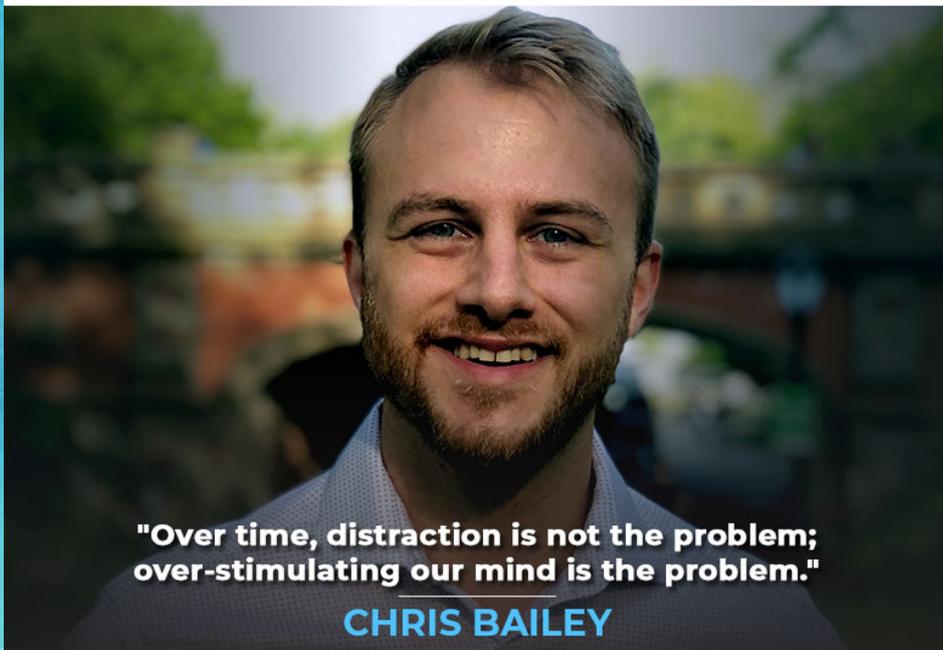
## 10 Point Checklist

**Chris Bailey**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"Over time, distraction is not the problem;  
over-stimulating our mind is the problem."**

**CHRIS BAILEY**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success? Here are 10 steps that can move you closer to your goals – today.**

- Use my time wisely. Indulge in meaningful activities that are productive and promote creativity.
- Be more aware of my phone usage. Use screen time or apps that tracks my usage.
- Recognize that distraction isn't the reason why we can't focus, it's the overstimulation. Chris says that we naturally crave things that are novel, pleasurable and threatening but that does not mean that those things make our life better.
- Know my priorities. List them down and start my day doing it. Is it a meditation or an exercise? Whatever it is, oftentimes, they're the uncomfortable ones and things that I'm procrastinating at.
- Take control instead of being enslaved with things that truly are less significant and productive. Chris mentions that the single biggest predictor of fear and anxiety in our lives is how much time we spend watching TV.
- Start now and take this challenge. Create a list of activities that I do in a month. Ask myself, "If I would only do one thing on this list day in and day out, every single day, which one of these allows me to accomplish the most?" Continue until what's left is the most critical to focus on that day.
- Stop wearing busyness like a badge of honor. In reality, we only have two or three hours of real, core, central work to do over the course of the day.
- Learn and apply the four Ds: Delegate, Defer, Delete and Do. Never procrastinate again by figuring out how to delegate.
- Strive to focus my energy on one task at a time instead of multitasking. Remember, productivity is a side effect of managing my attention well.
- Grab a copy of Chris' books The Productivity Project and Hyperfocus and utilize best practices that will help me accomplish more.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/productivity-versus-distraction-with-chris-bailey/>