12 Activities Proven to Boost Productivity

Feeling unproductive af? Give your mind and body what it needs to fire your endorphins and explode your productivity.

- [ ] Hit the gym
- [ ] Take a long, hot shower
- [ ] Put a fresh set of nice clothes on
- [ ] Get a hair cut to look fresh and to the test
- [ ] Make a 5 task checklist and knock the tasks out
- [ ] Clean that messy office, room or house
- [ ] Hit the road and go for a long walk
- [ ] Meditate for 5-10 minutes
- [ ] Yoga for 20 minutes
- [ ] Watch an inspiring movie about sports or entrepreneurship (Rudy Rudy! Rudy!)
- [ ] Put on a favorite hype song
- [ ] Switch your location. Hit up a coffeeshop or different part of the office or house

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