

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