



ENVIRONMENTAL GAMES



HOW YOUR ENVIRONMENT AFFECTS YOUR PRODUCTIVITY, AND WHAT TO DO ABOUT IT

PHYSICAL

Yup, your workspace... let's pay a little attention here.

- Sit back in your chair and squint your eyes. What stands out to you?
- What do you need?
- What do you need to throw away?
- Are you aiming for functionality, or a place that **inspires you to do your best work?**



DIGITAL

The hills are alive... with the sound of notifications.
(You're welcome, Julie Andrews fans.)

- The biggest separation between a much needed bit of fun and a huge timesuck is intention.
- See also: Facebook. :)
- Where's your phone?



MENTAL

Is something on your mind?

- Because somehow, even in an age of instant communication everywhere, we still have trouble "taking out the trash".



SENSEI SAYS: THINKING CLEARLY IN THE PRESENCE OF CLUTTER IS LIKE STIRRING WET SAND; MAXIMUM EFFORT WITH MINISCULE RETURN.



FOR MORE ABOUT PRODUCTIVITY, JOIN US IN THE DOJO!

