



# EXPECTATIONS



## NOTHING DERAILS YOUR PRODUCTIVITY TRAIN FASTER

Great things happen when your expectations hit their mark. Today we're going to look at what happens when they don't, and what you can do about it.

- Underestimating
- Overestimating
- Refusing to estimate in the first place

### BUT... WHERE TO START?

- Ahhh, the magic and the mystery of Pomodoro.
  - 25/5, 20/10, whatever is clever.
  - Run this several times to strengthen your time estimating skills.

This Coffee has given me unrealistic expectations of productivity.



### DON'T STOP AT JUST ESTIMATING TIME

Productivity is about time, energy, and emotion management. Reflect regularly on these:

- How much energy is this going to take?
- How are you going to feel when it's done?
- What are you going to need afterward?

### ARE EXPECTATIONS A FANCY FORM OF SHOULD?

- #AllShouldsMustDie
- Make that happen at [GoShouldless.com](http://GoShouldless.com)

**SENSEI SAYS: EXPOSE EXPECTATIONS TO THE SUNLIGHT, GRASSHOPPER,  
AND YOU WILL ACHIEVE GREATER PRODUCTIVITY.**



FOR MORE ABOUT PRODUCTIVITY, JOIN US IN THE DOJO!

