

Insane Productivity Hacks

**A Step-By-Step System To
DOUBLE Your Productivity In 7
Days**



By Tor Refsland

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An Introduction

Have you ever felt this way?

It's Monday morning and your alarm clock doesn't go off.

You wake up with an awful feeling that something is wrong, but you can't quite figure out why.

It feels like you have sand in your eyes and it hurts.

Everything is foggy.

You can't remember what day it is, and you feel completely lost.

It feels like the worst hangover ever, even though you didn't drink last night.

You throw your body out of the bed, barely avoiding that your face is doing a high five with your bedroom wall.

Then you stumble towards the bathroom.

Your eyes meet the mirror...

You scream.

After acknowledging that your evening face is better than your morning face, you remember what day it is.

Your heartrate increases and you can feel the adrenaline start to pump through your veins.

Then you check your watch.

You scream again.

You realize that you have overslept by 2 hours, and no matter what you do today, you know that you won't be able catch up.

When reality hits you in the face

This is how it feels like when you have a never-ending growing to do list.

It feels like you are living in a constant nightmare, where every single day feels like a Monday morning where you overslept.

And the worst part...

...you are not able to wake up.

If this sounds familiar, no worries.

I've been there too.

Then over to the good part.

There is a solution...

But hold on for a moment.

Before I will reveal the solution, I think it's good common etiquette for us to get to know each other a little bit more first.

Yes, then over to the boring part...the "me" part.

Whether to pull my stuff together or die?

I've spent several years in the corporate world, where I was working for one of the biggest companies in Norway as a system administrator for their SAP-solution (an IT system). We were running payrolls for about 30 000 people each month.

Long story short, I was the mr. Fix-it guy. I had a lot of responsibility and there were a lot of moving parts, corporate politics, deadlines, and new important tasks were falling into my lap daily.

In addition, monkeys (tasks that no one takes ownership of, and no one likes to do – it's common corporate practice to hand them over to someone else as quickly as possible) were being thrown around on daily basis. The only difference was that when I got a monkey in my lap, I wasn't allowed to pass it along. I had to fix the issue.

In other words, a typical work environment for anyone in a similar corporate position.

Then over to the turning point in my life.

I had so much to do on my plate that my head was barely above the water.

I knew for a fact, that if I didn't pull my stuff together and start getting control of this monster, called the never-ending growing to do list, it would pull me down under the water.

It would just be a matter of time, before my career would be flushed down the toilet.

I had about a 150 % workload.

I could have said 200 % because it sounds better.

But I didn't.

Why?

Because I want to be completely honest with you.

The funny thing is, it doesn't really matter if you have a 150 % or 200 % workload.

Why?

Because you will NEVER be able to catch up, if you keep on doing what you are doing now.

So what did I do?

If you don't have a solution, create it

After reading countless of books, a lot of articles online and listening to mp3's, I developed my own productivity system.

The system isn't magical, but it's simple, and it does work like a charm when you get the hang of it.

So just to wrap up the story.

Insane Productivity Hacks

I managed to keep my head above the water, and increased my own productivity with about 200 %.

But one step at a time.

I think that if you are not currently using my productivity system, which I think is highly unlikely, you should be able to double your productivity in 7 days.

The prerequisite is that you actually apply the system every single day for 7 days.

Oh, yes, one more thing...

It does take some work on your part as well.

But that wasn't a surprise for you?

You are HERE, because you know that you have to put in the hard work in order to reap a good harvest.

Right?

If not, the system will not work for you.

However, if applied correctly, it doesn't matter if you are a blogger, freelance writer, an entrepreneur, a stay-at-home mom or a CEO.

The principles behind productivity is universal.

So, what are you waiting for?

Scroll down and check out the good stuff

Best regards,

Tor Refsland

P.S. Don't miss the little bonus on the last page.

Table of Contents

1. What Is Productivity (And Why It Can Totally Transform Your Life)?	8
2. The Productivity System That Increased My Productivity With 200 %.....	14
2.1. Why Productivity Apps Are Scam.....	17
2.2. The Tools.....	19
2.3. The Basic Version.....	26
3. What To Do Next.....	33

1. What Is Productivity (And Why It Can Totally Transform Your Life)?

First of all, let me start by saying I`m sorry.

You are thinking: “You`re sorry for what, Tor?”

Well, I`m sorry for what I`m about to do right now...

I have to push a definition in your face.

Yup, I know.

I don`t like that either. But I have to prove a point.

Hang in there.

Let`s just get over with it...

Here`s the definition of productivity by Wikipedia.

“Productivity is an average measure of the efficiency of production. It can be expressed as the ratio of output to inputs used in the production process, i.e. output per unit of input.

When all outputs and inputs are included in the productivity measure it is called total productivity. Outputs and inputs are defined in the total productivity measure as their economic values. The value of outputs minus the value of inputs is a measure of the income generated in a production process. It is a measure of total efficiency of a production process and as such the objective to be maximized in production process.”

That was perhaps a little bit boring?

If so, it`s okay.

I have to admit that at the end of the definition, my brain started to think more about coffee than the eloquent definition of productivity.

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Darn, now I have to go and get some coffee.

* 5 minutes later *

Okay, I`m back.

Note to self: if I have ever trouble sleeping, I should perhaps starting reading definitions on Wikipedia.

I think that one of the reasons why the majority of the people may not be THAT interested in productivity is that they think it sounds boring.

Let`s say it out loud: productivity.

Hmm...I have to admit, that does have a little dozing effect.

I have to take another sip of my coffee.

In addition, they may also have some negative references to the word.

Perhaps their former boss was a complete ass (excuse my French), and he was a total productivity geek.

On the other hand, maybe there was a time when you were young and innocent, and you had been Googling the word productivity.

And to be quite honest, you found it a bit fascinating.

Then it happened.

You went on a date.

You found out the hard way...that productivity shouldn`t be your leading topic on the first date.

When you mentioned the word productivity, your date looked at you with disgust.

It was like you suddenly was a limping version of Quasimodo (the hunchback) with tomato soup covering your face.

So reality hits you in the face, and it finally dawned on you...

...that talking about productivity on the first date, could turn out to be very unproductive for your future generations.

Yeah, I know it was a poor joke.

Anyway, my point is that whatever your previous experience with the word productivity is, you have to put that aside.

Why?

Because I will show you the flip side of the coin.

What if you could free up more time and spend it on what you love to do:

- be with your family
- spend more time with your good old friends that you haven't seen for ages
- go to a concert
- go on vacation to a tropical paradise (or a really cold place, if that's your thing)
- get more you-time – to read a good book or perhaps just lay on the couch following your favorite football team
- get a pay raise
- get a new job
- work on your part-time business, so you can quit your full-time job
- get increased income in your current business, so you can afford to hire more people, and get your time back
- buy the luxury watch or shoes that you have always wanted

Do you start to understand where I am going with this?

Of course you do, it's all connected to productivity.

Despite all people have 24 hours in their day, some people have achieved their dreams, while others have not.

The only big difference between a successful person and a person who isn't, is how they have spent their time...

Productivity is key to get the life you want and reach the dreams that you have.

Through productivity dreams will no longer just be dreams, they will be long-term goals, which you will work towards to achieve.

My definition of productivity is simple

Tor's productivity formula

Time Management x Goal Setting = Productivity

The amount of time you put in and the amount of important goals that you achieve, will be the total sum of your productivity.

There are two ways to increase your productivity:

- A. Reduce the amount of time spent on achieving your goals.
- B. Increase the amount of goals achieved, while NOT spending more time.

The best way, if you want to turbocharge your productivity, is of course to incorporate both of those steps.

You will increase the amount of goals you achieve, while at the same time reduce the total amount of time spent.

That is how I was able to improve my productivity with 200 %.

Step 1: Double my productivity by reaching twice as many goals, without increasing the amount of time spent.

Result 1: productivity increased with 100 % (doubled).

Insane Productivity Hacks

Step 2: While maintaining step 1, I was able to continue delivering the same output by reducing the total amount of time spent by half.

Since I was able to perform the same output in half the time, it would again double my productivity.

Result 2: productivity increased with 100 % again (doubled).

In total, I had now doubled my productivity two times. Which means that I had quadrupled my productivity.

Therefore, in total, my productivity had increased with 200 % (x 4).

How awesome would it be to become 4 times as productive as you are now?

Trust me, I can tell you that it's very awesome.

This can be applied to your personal life as well as in your work or business.

Regarding making changes in your life and reaching your goals, the following 4 questions are crucial:

1. Which goal do you want to achieve?
2. Will that goal bring you closer to your dream (long-term goal)?
3. What do you have to do to achieve it? (Resources: effort, time and money)
4. Are you willing to sacrifice what is needed?

For more information about how to reach your goals, read this [post](#).

So to wrap it up, it doesn't matter how little sexy you think the word productivity is.

Whether you like it or not, it will have one of the greatest impacts on your life.

It's up to you.

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Do you want to become more productive and get the life you deserve?

Good, then it`s time to get down and dirty (yes, by that I mean to put in hard work).

2. The Productivity System That Increased My Productivity With 200 %

Have you ever experienced to discover something that made a huge impact on your life?

Perhaps it was a specific technique when you were doing sports, a slightly different approach when you communicated with other people, or perhaps you found a good way to raise your kids.

Regardless of the type of discovery, the result would be the same...

You knew that your life regarding that specific area, had now been changed for the better...FOREVER.

Perhaps you think: "Argh, if I only had discovered that specific technique before, then it would have saved me for so many years of struggling..."

Don't beat yourself up about it.

It won't do you any good.

Be grateful that you got the epiphany.

There is a saying: "When the student is ready, the master will appear."

The same goes for discovering break-through experiences in your own life. You have to be ready before it can happen, and it can't be forced upon.

When you are ready, you will get the epiphany.

And WHEN that moment occurs, you might undress and wrap a white bed sheet around your body, then fetch your worn-out sandals and old herder staff (which was stashed away for such an occasion). Then you would walk down to the nearest marketplace (read mall) and start screaming: "Eureka, I have discovered it! Come people, I will teach you the new way...."

Or perhaps not.

Anyway, such a discovery actually did happen to me.

As I have mentioned before, I have increased my own productivity with about 200 %. The funny thing is that my friends and colleagues did consider me as a structured, organized and very productive individual, even before that discovery.

What I did know, was that if this could make such a great impact in my life, I`m sure that it could change other people`s lives as well.

Here are a few of the things that I managed to do with my increased productivity:

- Mentored others
- Been a part of a few start-ups
- Has spoken on stage in front of 3000 people in Nice
- Built a distribution network of 1500+ people under 2 years
- I convinced my company to cover my first car, a BMW 320d, when no one else could
- Met my girlfriend and future wife
- Earned into the six figures
- While working full-time, managed to increase my earnings through a side business by \$53,500
- Lost 13 pounds in 29 days without starving
- Went on a voluntourism trip to Guatemala and helped building a bottle school
- Escaped the rat race in order to follow my dream and start my own company
- Got 2000 targeted Twitter followers in 38 days (free traffic)

You might be wondering about how increased productivity can be related to me meeting my girlfriend and future wife, Sara.

Well, quite a lot, I can say.

But that`s a story for another time.

Insane Productivity Hacks

So, in the next pages I will be sharing you the system that helped me improve my productivity, personal life and business.

I do hope that what I discovered will have a positive effect in your life as well.

This may sound a bit strange, but I have this weird feeling inside of me, that I was put on this earth to make changes to the world. And by that, I don't mean just to help carrying the grocery bags for an old woman.

I mean big changes.

Changes that will make a real positive difference in other people's lives.

When my days on this planet is over, my ultimate goal is that the world became a little bit better place because of my actions.

I'm certain that there's a reason why God, yes I believe in God, or the universe has spared my life 4 times. When I was a kid I almost drowned 3 times, and a few years ago I was about to fall 393,7 feet to a certain death.

Anyway, those are also stories for another time.

I hope that what I'm about to reveal to you now, will be my first step to help people make a positive impact in their lives, one person at a time.

2.1. Why Productivity Apps Are Scam

Over the past years I've been on a mission.

I have dedicated a lot of time trying to find the best productivity app that exists.

Why?

Because if I can find the "perfect" fit for me, I know that it can save me a tremendous amount of time (and make me more productive).

And let's face it, if there is something that we can't get more of, regardless of our network of influential people or the amount of money, it's time.

That is why it's the most precious asset that we have.

You will never be able to get the hour that just passed, back.

My point is, spend your time wisely.

I have been reading reviews of almost all the productivity, time management and to do apps out there.

I have been testing them on android phone, iPod (same app as on iPhone), iPad and website solutions.

The best apps have been measured, tested and weighed, but they were all found too light.

The challenge is to find an app that has the following:

1. Complex enough that you can have a to do list with subtasks and timeslots
2. Be able to store the tasks that you have done - for the sake of history
3. Be able to synchronize your to list with your calendar
4. Be accessible on any device (mobile phone, ipad, computer, etc.)
5. Simple enough that you will be able to use it every single day without too

Insane Productivity Hacks

much effort. One word: simplicity.

There has been a few times where one or two apps almost made it, but they were lacking two of the bullet points above.

So what happened?

To be quite honest, I got fed up.

Why the heck couldn't these guys just listen to their customers? Their users are literally telling them the KEY ingredients that will make the app the best app in the world (according to the users).

And who do we really want to please?

Yes, the customers.

So what did I do?

I got fed up by waiting, so I created my own system.

I used the system to increase my productivity with 200 %.

Yes, that means that I was able to double my productivity, but at the same time do it in half the time. The output was multiplied with 4.

Does that sound awesome?

Before I reveal the system, I will give you a quick introduction to the basic tools needed.

2.2. The Tools

Below are the 3 essential apps / programs that creates the foundation of the system.

Tool 1: Business Calendar – Temporary To Do List

I'm using an Android mobile phone, and by all the calendars I've been trying out, this app is by far the best.

If you have an iPhone or Windows phone and if you can't find the app, don't fret.

Just use the best calendar app that you can find, that covers your need.

Reason for using the calendar

The calendar on your phone will function as a temporary to do list. When you are on the go and you suddenly thinks about an important task that you need to do, write it down on the calendar app on your phone.

I add a notification on my calendar app on the specific day and time I plan to perform the task.

Scenario 1

I'm about to fall asleep and suddenly I remember that I need to pay an invoice that is due Monday next week.

Instead of being afraid of not remembering it, or having to get up to find a pen and a piece of paper to write it down, which will probably just make me more awake, I'll just write it down in the app...

...and then go to sleep.

Example 1

Day: Monday 9th of February.

Time: 12.00-12.10.

Activity: Pay invoice.

I do have to admit that applying this temporary to do list method, has made me sleep even better at night.

So what`s next?

The next time I will be at my workplace (with access to my computer or mac), I will transfer the task on my calendar app to the Master To Do List.

You are probably thinking...

What is a Master To Do List, and where should I transfer the task?

Great questions, indeed.

I will come to that.

Scenario 2

I`m in the car on my way to a friend, and I suddenly remember that I need to create a better landing page for my website.

What do I do?

At the first opportunity, I write it down on my calendar app.

Note: do not write it down while driving! Safety first.

Example 2

Day: Friday 6th of February.

Time: 14.00-15.00.

Activity: Improve landing page on website.

Then I know exactly WHAT and WHEN to do the specific task.

Same procedure as in the scenario 1: the next time I will be at my workplace (with access to my computer or mac), I will transfer the task on my calendar app to the Master To Do List.

Insane Productivity Hacks

Then over to the...

drum roll

...Master To Do List!

Tool 2: Excel Worksheet – Master To Do List

I use Microsoft Excel Worksheet.

If you don't have Microsoft Office, which will include the program Microsoft Excel, and you don't want to spend money on it, it's cool.

You can download Open Office, which has the similar programs, including Open Office Excel, which is basically the same as Microsoft's version.

And the best part?

It's free.

I have tried Open Office Excel, and I do have to admit that somehow I just like the Microsoft Excel version better. But hey, that is just my personal opinion.

The system will work, regardless of which version you use. However, I would recommend using one of those two programs for the master to do list.

In addition, I have to mention that I like to access the master to do list on my computer or mac, not iPad or any other smaller devices.

Why?

Because I want to work as efficiently as I possibly can.

I'm not very patient, and I love to be as efficient as I can doing whatever task that is on my hand.

Let's do some time tracking and crack some numbers.

If I were to use twice the time to update my master to do list on iPad or any smaller device, than on my computer, the changes would be huge.

I spend at least 20 minutes per day to update my to do list on my computer. That includes adding new tasks, rearranging tasks, checking off completed tasks.

Insane Productivity Hacks

If I were to use another device, I would probably spend about 40 minutes on the same updating tasks every single day.

20 minutes saved per day x 365 days = 7300 minutes.

This is converted to 121,66 hours or...

121 hours and 40 minutes to be exact.

I just have to repeat that.

I will actually save 121 hours and 40 minutes, JUST by accessing the master to do list on my computer (or mac) instead of any smaller device.

That`s insane!

If we are to calculate a workweek being 40 hours, it means that I will save 3 weeks, 1 day and 40 minutes!

Over 3 weeks!

I am sorry for being overly enthusiastic here, but I don`t care.

I am so stoked.

Why?

Because when you realize that the sum of small changes will give you a great result, you can totally transform your life, one small change at a time.

By having over 3 weeks MORE at your disposal, you certainly should have enough time to change your life, if you spend it right.

You could for instance:

- spend more time with your family or friends
- finally start with that hobby that you never said you had the time for
- reconnect with old friends

Insane Productivity Hacks

- start to exercise (or exercise more often)
- travel more – visit exotic locations that you always have dreamt of
- start writing the book that has always been in your mind
- start a business on the side, and someday be able to quit your full-time job
- be able to spend the extra time studying and increase your skillset, so you will get the next big promotion
- increase the profit in your business, so you can finally afford to hire the right people (and get more time off)

The options are endless.

What matters, is what you do with your extra time.

Anyway, if you by some reason is a total ninja editing and customizing an excel worksheet on your iPad or phone, more power to you.

Just do what works best for you.

Reason for using the Excel Worksheet

Sometimes the simplest solution is the best.

I like to set up my master to do list, which will be fitting my needs, regarding the amount of fields, length of the fields, coloring and the size of the fonts.

I want customizability and a system that is easy to use.

No need to reinvent the wheel. Excel worksheet does the job.

I will cover the details on how to use excel as a master to do list in section 2.3 – “The Basic Version”.

Scroll down, it`s coming soon.

Hang in there!

Tool 3: Dropbox – Storage And Synchronization

I use the software Dropbox for storage and synchronization.

What do I mean by that?

I store my excel worksheet in the Dropbox. This means that all I need is an online connection, and I will be able to access my Master To Do List through Dropbox at any time.

And do you know what`s the best?

Since Dropbox is compatible on any device; mobile phones, website or iPad, I will be able to access my Master To Do List from ANY device ANYTIME as long as I got an internet connection.

That is cool, right?

Well, you have now been very patient, and it`s now time to spill the beans and reveal to you the Master To Do List I have created, which have changed my life in so many great ways...

2.3. The Basic Version

In my previous job, working as a system administrator for one of the biggest companies in Norway, I was studying my peers.

What do I mean?

I would analyze my surroundings and find the employees that were perceived as the high achievers in the company (the people that the company considered the most valuable resources).

No person is non-replaceable. However, there are always a small group of people that are perceived as the elite group, the ones that the company would be in big trouble, if they were kidnapped by aliens or run over by a giant bull.

So, I started to observe and pay extra attention to these individuals.

I could use the word study, but that sounds a bit creepy, doesn't it?

Okay, I admit it, I was studying them (in a non-creepy way, though).

Do you know what I discovered?

They had a few traits in common:

- their calendar was always completely packed with meetings (literally 90 % of their weekly schedule, every week, was booked by meetings)
- when they attended meetings, they were normally not present, because they were focused on responding to important emails on their laptop
- they were always working late nights from home (probably working 70-80 hours per week)
- they were always stressed
- they had about 3-4, some even more, different positions, which meant that their workload would be about perhaps 250-300 %
- they had about 1000 unread emails in their inbox at any given time
- they had their to do tasks on multiple lists (physical notebook, document on

their computer, post it notes, email, etc.)

So my question is, do you REALLY think that these individuals were highly productive?

You answered correctly.

The answer is heck NO!

So over to my next question...

What does “master to do list” mean?

It means to have ONE sacred to do list.

Yes, you read correctly. I said ONE.

You need to have all your important tasks collected in one list.

If you are unsure if you should put a task in your master to do list, then it's probably not that important.

The key with having a master to do list is that you have EVERYTHING that you need to do in one list.

If it's not on the list, then it's not worth doing.

You get the point.

However, having a master to do list is total useless, unless you know HOW to use it.

It's like being a hunter and you have this awesome weapon. The only problem is that you don't know how to use it. In other words: safe for the animals, and unsafe for you and your hunting friends.

How to use the list

Let me give you an introduction on how to use one of the biggest game changing tools for your productivity.

Are you ready?

Awesome, let`s do it.

There are 6 important elements when it comes to handling your master to do list for maximum effect:

1. Plan ahead

You should always be planning ahead, so you don`t spend the start of your day each morning (your most productive time) planning your day and rearranging your to do list.

I like to plan the next day the evening before. When the morning comes, I just take a quick look at the master to list to make sure that there has been no last minute changes.

What`s next?

Then I just push start. I become a machine and start working systematically on my to do list, knocking out the most important tasks, one by one.

It`s even better if you are able to plan your whole week on Saturday or Sunday. In addition, you can take an extra check on your to do list the night before, and then again in the morning.

Example:

Once a week - each Saturday or Sunday (plan the whole week 30 – 60 minutes).

Each evening before a weekday (5-10 minutes).

Each morning in a weekday before you start working (5-10 minutes).

The amount of time may of course vary from individual to individual.

Notice: the more time that is spent on planning the whole week (Saturday or Sunday), the less time will be spent on planning the day before.

All the high achievers plan their next day ahead, amongst them, one of my productivity mentors, Brian Tracy.

2. Always keep it up to date.

This is self-explanatory. A to do list that isn't updated is useless.

3. The structure (columns and rows)

Column 1: date, Column 2: day, Column 3: time, Column 4: activity, Column 5: checkbox and Column 6: comments.

Example:

<i>Date</i>	<i>Day</i>	<i>Time</i>	<i>Activity</i>	<i>Checkbox</i>	<i>Comments</i>
03.03.2015	Tuesday	08-09	Write Blog post	V	Best time to post?

You can of course make your own columns, however, after years of improving my list, I find these columns to be essential.

Don't use too many columns. If they are not absolutely necessary for your to do list, don't include them.

Why?

It will just make your list look cluttered and you won't have the time nor energy to fill in all the extra fields. Furthermore, this can result in you having a bad feeling regarding using your humongous to do list, and then after a while, you will stop using it.

It would be quite awful if you had to spend 1 minute adding one single task to your to do list. So, if you were to add 20 tasks, you spent 20 minutes in total just by adding them to your list.

That wouldn't be productive, would it?

You get the point.

Let the to do list be plain and simple. That will make it easy to use.

4. How to categorize and prioritize your tasks

Categorize and prioritize the tasks using the ABCDE method:

A :Tasks you must do - serious consequences if it doesn't get done.

B: Tasks you should do - mild consequences if it doesn't get done.

C: Tasks you could do - no consequences if it doesn't get done.

D: Tasks you delegate.

E: Tasks you never do.

Here is the kicker, you never do a B task before you have done all the A tasks, and you never do a C task before you have done all the B tasks, etc.

Apply the 80/20 rule: you need to identify each day, which 20% of the tasks on your to do list will give you 80 % of the results.

5. How to deal with new unexpected to do activities

See bullet point 4 above.

6. ONLY check off a task when you have actually completed the task

This should really be a no-brainer, but I'm surprised about how many people who actually check off a task BEFORE they have completed it.

Just because it's a good feeling checking off a task, doesn't mean that you have actually done it.

When you were a kid and you were mowing a lawn or perhaps doing some other chores at home or for your neighbors in exchange for money, you didn't ask to get the money before you had done the job.

If you actually did do it. No worries, I won't tell.

The next question is: did you really get the cash before the work was done?

Most likely not.

Why?

Because it's rude.

Nevertheless, the most important thing is that you HAVE to learn to pay the price before you can get the reward.

Brian Tracy says that most people think of success like a restaurant, you order what you want, then you eat your food and then you pay.

That's not how the world works. Brian says that success is like a cafeteria: you order, you pay and THEN you enjoy your food.

Let's wrap it up.

For your own sake, don't check off the task until you have completed the tasks.

Disclaimer

I just want to say that in order to get full effect of the productivity system, and in order to become as productive as you possible can, it`s important that follow and apply the tips in this eBook.

Don`t get overwhelmed.

Just pick one new activity and incorporate that. When it has become a habit, start with another activity, and then another one.

After a while, you will have incorporated many new habits.

The result?

You will have transformed into a productive Superman or Superwoman on steroids.

Apply the steps and your productivity will skyrocket. The more steps you are able to incorporate, the more your productivity should increase.

3. What To Do Next?

You have learned a lot, but you probably still have some more questions.

Don't worry, I got your back.

You will receive a productivity course over the next several weeks from me, broken down into 6 smaller emails.

How cool is that?

Let's do a high five.

* Slap *

Over the next two weeks I will be sending you some really great stuff, which will contain simple steps that you can easily implement immediately in order to boost your productivity.

This is a course I easily could have charged \$ 80 for, but as I said, you get it for free.

Does that sound good?

Awesome.

So just stay tuned and check your email ;)

Talk to you soon,

Tor

P.S. Btw, if you are like me, and value your time and want to improve productivity right away, check out how I can help you do that now – [click here](#).