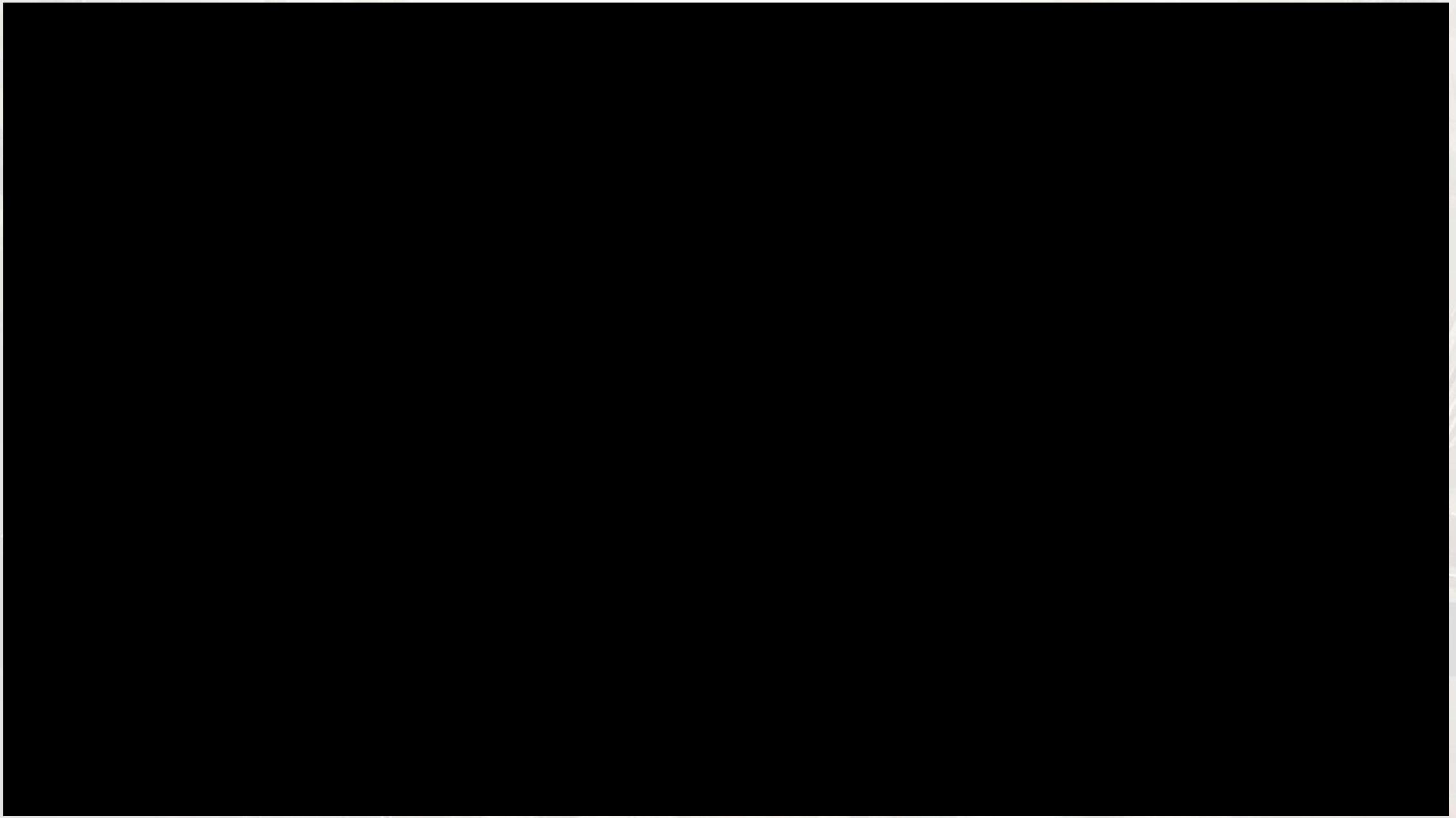
Six Weapons for Crushing Your Productivity Enemies

General: Conan, what is best in life?

Conan: To crush your enemies, see them driven before you, and to hear the lamentation of their blank pages.



The Lord of the Rings: Conquest developer Pandemic Studios publisher Electronic Arts
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Solo Sprints

Rituals

Real Rewards

Co-op Sprints

Mini Goals

Aim Lower

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Solo Sprints

- Always time bound
- Start small
  - 10 minutes works
  - 30 minutes max
  - It’s called a sprint
  - Do at least 2
- Consider a smallish reward for simply doing it
  - Netflix for a bit
  - Cake (always cake)

Co-op Sprints

- Time bound
  - 10 minutes is ok
  - 30 minutes is better
  - Find a time that works for you
- Always with at least 1 other person
  - Competition helps some people
  - Accountability partners are🔥
  - Encouragement
  - Make friends
- Make it regular- set out time for it
- Consider a reward for accomplishing big word counts
  - Cake (always cake)

Rituals

- HAS TO LEAD TO WRITING
- Time bound
- Spark creativity
- Inspire you
- Physical activity
  - Clean
  - Walk
  - Bike
- Do the same thing every time
- HAS TO LEAD TO WRITING
- Value of rituals
- When you’re done, take a breath. You did it.

Mini Goals

- THIS IS NOT AIM LOWER
- Start with long-term goal
  - What **you can** control
  - What you can’t control
- Time and priorities
- What stays?
- FUN IS NECESSSARY
- Break the big goal into milestones
- Break milestones into smaller pieces
- Pad any timelines
- Make each goal easy, not impossible
- Not hard
- Easy
- Go do it

Real Rewards

- What do you want?
  - You can’t just go out and get it.
  - You have to earn it.
  - It has to matter.
- “I can earn ___ if I ___”
- NOT “I can’t have __ if I don’t __”
- Negative is as negative does
- Big or small, depending
  - Milestone rewards
  - Long-term goal rewards
- “I get to watch an episode of Cloak & Dagger for every chapter I edit.”

Aim Lower

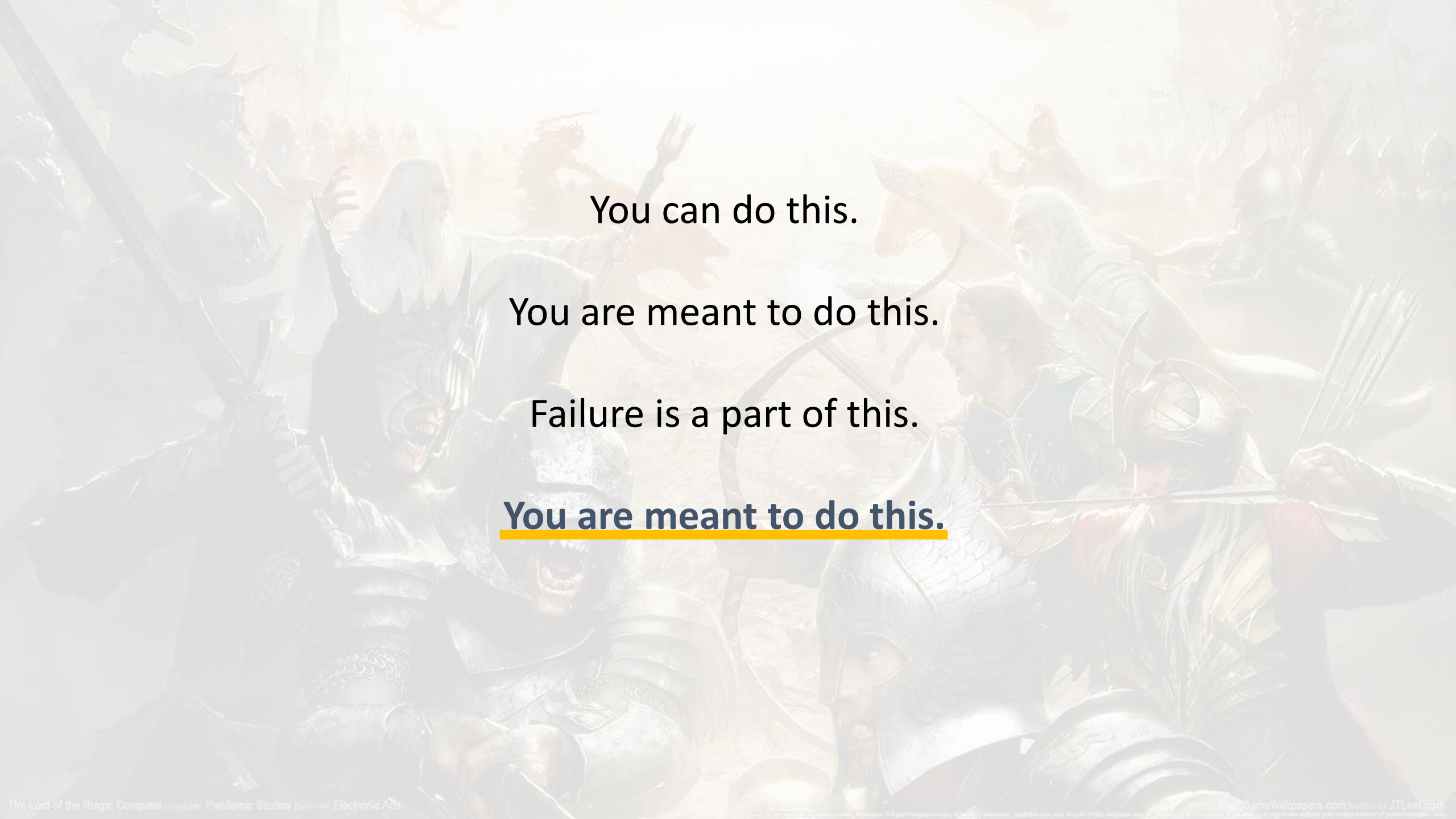
- THIS IS NOT MINI GOALS
- This is about psychology
- “I want to be an international bestseller.”
- What can you control?
- What has to happen first?
  - Finish the book
  - Allies recruited
  - Query polished
  - # of Agents queried
  - Learn to write kissing scenes
- Aim at what you can hit
- Hit it

WHEN ALL ELSE FAILS

IN THIS ORDER

1. Recognize it’s not working
2. Take time to ponder
3. Ask the hard questions
4. Answer honestly

5. Remember
6. Envision
7. Push back



You can do this.

You are meant to do this.

Failure is a part of this.

You are meant to do this.

Thank you!

Let’s keep in touch:

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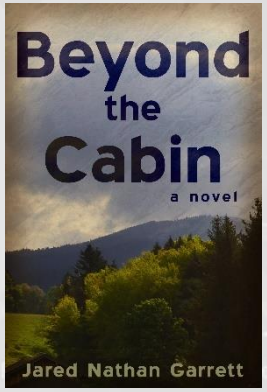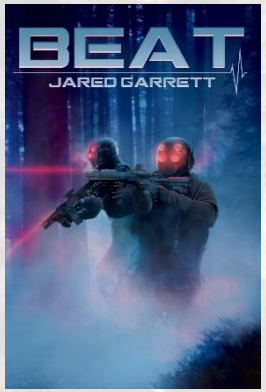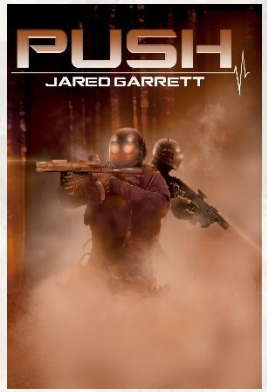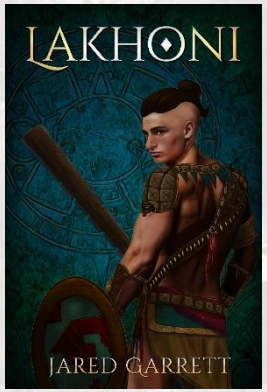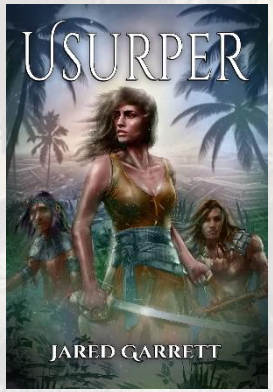
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