

# The 15 Greatest Laws of Productivity

---

By Daniel Ally

1. TIME IS ALWAYS FAR MORE IMPORTANT THAN MONEY
2. ELIMINATE ALL UNWORTHY DISTRACTIONS BY DESTROYING THEM
3. GET YOUR SLEEP. OPTIMAL SLEEP LEADS TO OPTIMAL PRODUCTIVITY
4. EMOTIONS EQUALS TIME. DON'T LET BAD FEELINGS STEAL YOUR TIME
5. ALMOST EVERYTHING CAN BE DONE FASTER THAN YOU THINK IT CAN
6. CHECKING YOUR PHONE FOR A SECOND CAN TAKE HOURS, IF DISTRACTED
7. JOURNAL YOUR THOUGHTS TO SORT OUT YOUR DEEPEST CONFLICTS
8. DELEGATE MONOTONOUS ACTIVITIES AND TASKS TO CHEAPER LABOR
9. SAY 'NO' TO LIES AND 'YES' TO TRUTHS EVERY SINGLE TIME
10. IF THEY WASTE 10 MINUTES OF YOUR TIME, 8 MINUTES IS YOUR FAULT
11. DON'T WORRY ABOUT WHAT YOU CAN'T DO & FOCUS ON WHAT YOU CAN
12. SET TIMERS FOR THE TASKS YOU WANT TO COMPLETE FASTER
13. PUTTING PRESSURE ON YOURSELF LEADS TO STRESS AND SIN
14. ASK SOMEONE YOU TRUST TO HOLD YOU ACCOUNTABLE TO YOUR GOALS
15. IF YOU FEEL LONELY, BORED, HORNY, HUNGRY, OR TIRED, THEN WALK AWAY FROM WORK TO HANDLE YOURSELF ACCORDINGLY