





















































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and working less could actually solve many of the world's greatest problems working less could reduce stress countless studies have shown that people who work less are more satisfied with their lives in a recent poll conducted among working women german researchers even quantified the perfect day the largest share of minutes 1 front load your efforts 2 develop multiple income streams 3 automate your finances 4 stop doing 80 of the stuff you do 5 move somewhere that's cheaper to live work 7 get a more flexible job so you can focus on high impact work next steps to work less make more money the 80/20 principle allows you to work less live more and be more effective it implies identifying the 20 of activities that generate 80 of your successes and focusing on those the 80/20 principle allows you to work less live more and be more effective it implies identifying the 20 of activities that generate 80 of your successes and focusing on those summary if we want to ramp up our productivity and happiness at home and at work we should actually be doing less but that's incredibly difficult as you're balancing work parenting the law of least effort there are a handful of ways you can get more done by doing less but it starts with where you decide to focus your mental energy the goal is to stay present and working less could save your work life balance and boost your productivity learn a few surprising facts about how the long hours culture is wrong the average workday has grown longer about 49 minutes longer and people are going to more meetings than they were before the pandemic began whether you're still heading out to work each day to a large extent how we answer those questions is within our control here are eight ways to achieve more while working less 1 designate time for think work late morning is an excellent my work less philosophy is built around the mastery of 5 skills work less is about making better decisions building better systems and saying no more often in essence work less is about thinking more in order to do less research says working less is better for your mental health but inner drivers like ambition and sense of duty keep us in the office late here's how you can reset your mindset and get home how to work less and live more 3 tips for building a 4 day workweek by natasha lavender updated may 7 2024 published august 30 2021 bookmark share table of contents the first day nano tools for leaders are fast effective leadership tools that you can learn and start using in less than 15 minutes with the potential to significantly impact your success as a leader and the engagement and productivity of the people you lead a new analysis draws on data from hundreds of thousands of individuals across the globe investigating the ways in which elements of people's working lives drive their wellbeing the type of how can you realistically work a little less from june to september and still make your mark at work muse career experts have advice on how you can manage to be productive without being a workaholic we walk around with misguided conceptions about work and we need to correct them your research found that top

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