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The video mentions suggestions to increase productivity. What are these,

* Will power, get started.
* Time management, deliberate practice.
* Deadline, give yourself a deadline.
* Stop multi-tasking, multi taskers are less productive.

which ones are you planning to adopt?

Get started, I’ve always been thinking about all the work I must do to get the project started and get overwhelmed and eventually procrastinate to the point I don’t start the project at all.