



PRODUCTIVITY

- [@ajithrnayak](https://twitter.com/ajithrnayak)

Why Care?



Frustration -



Stress -



Exhaustion -



Peace of mind -



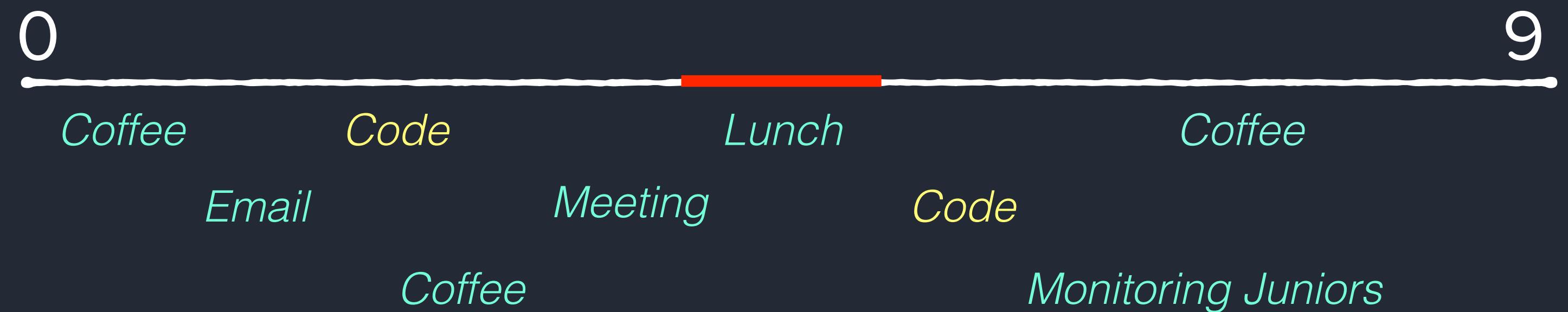


Developer's Mind

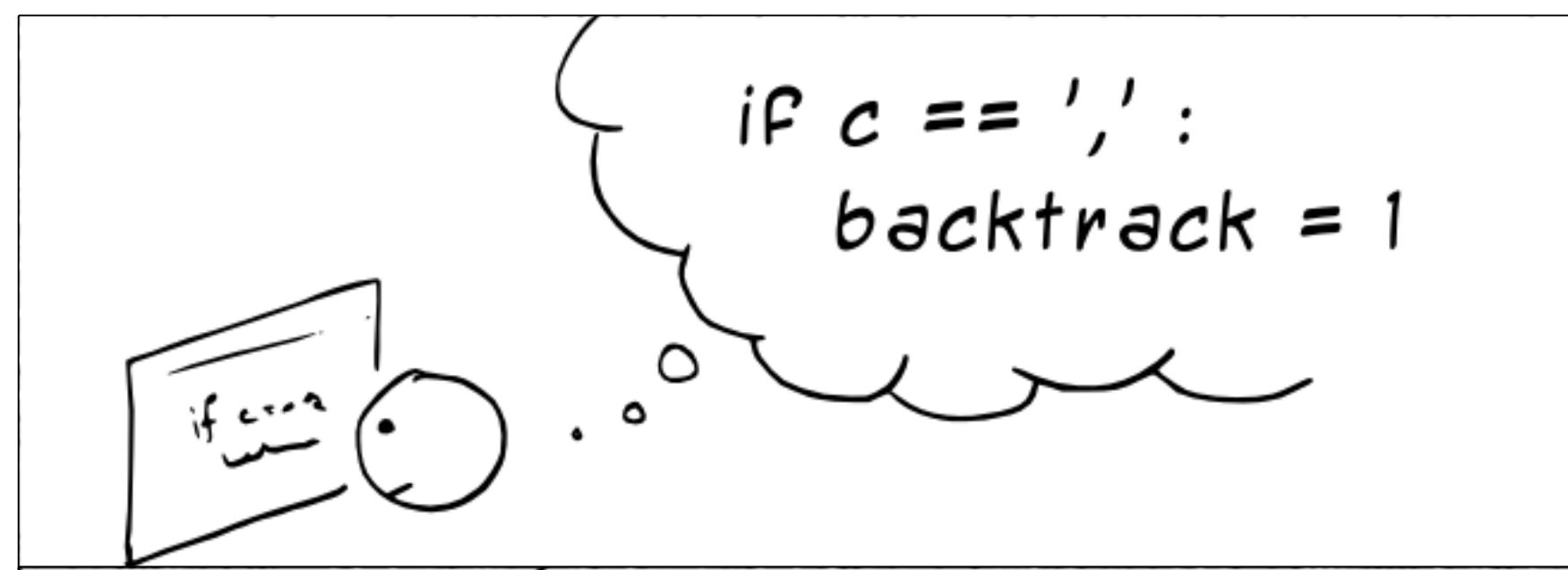
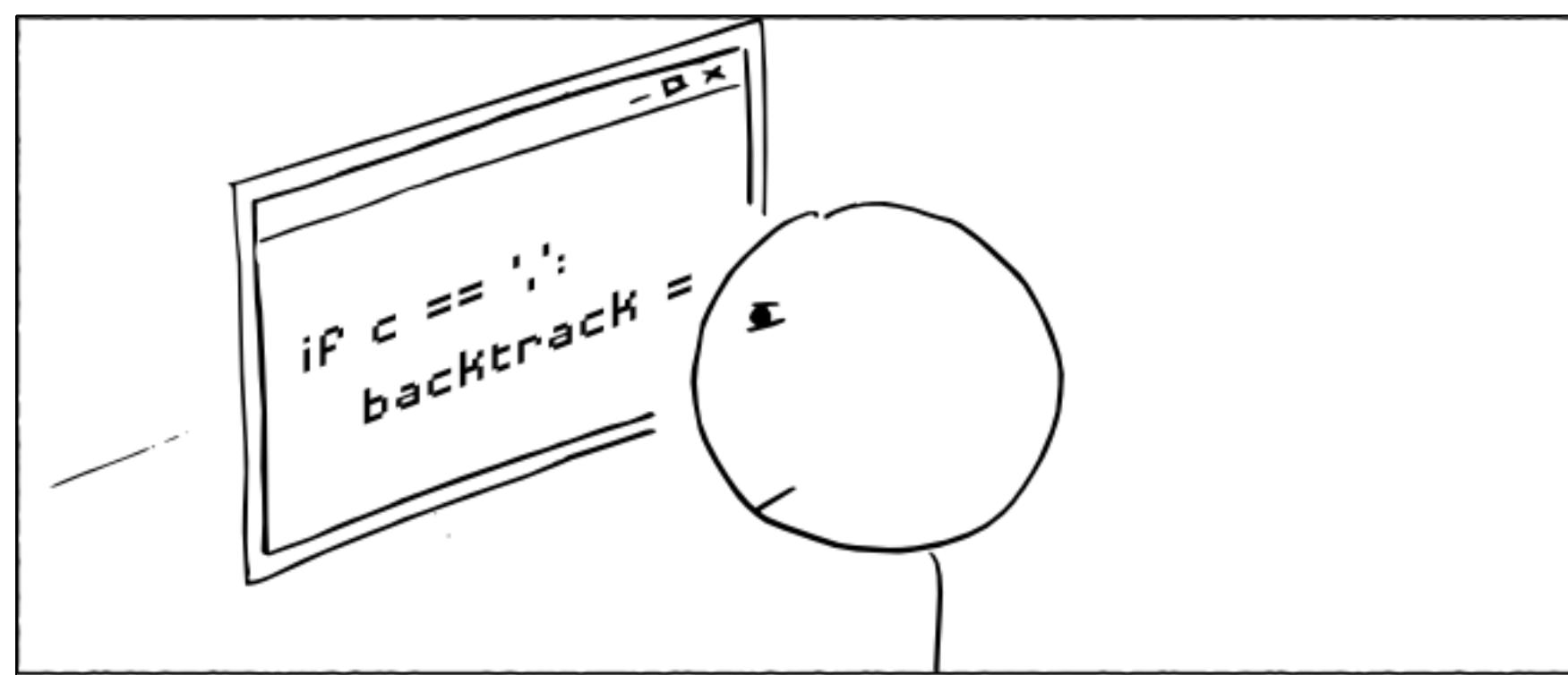
A blacksmith is shown from the side, wearing a grey hoodie, working at a furnace in a workshop. The background features a wall covered in rows of hanging tools and equipment, with small cards labeled with numbers and names like 'DEME' and 'PABR'.

9 am - 5 pm

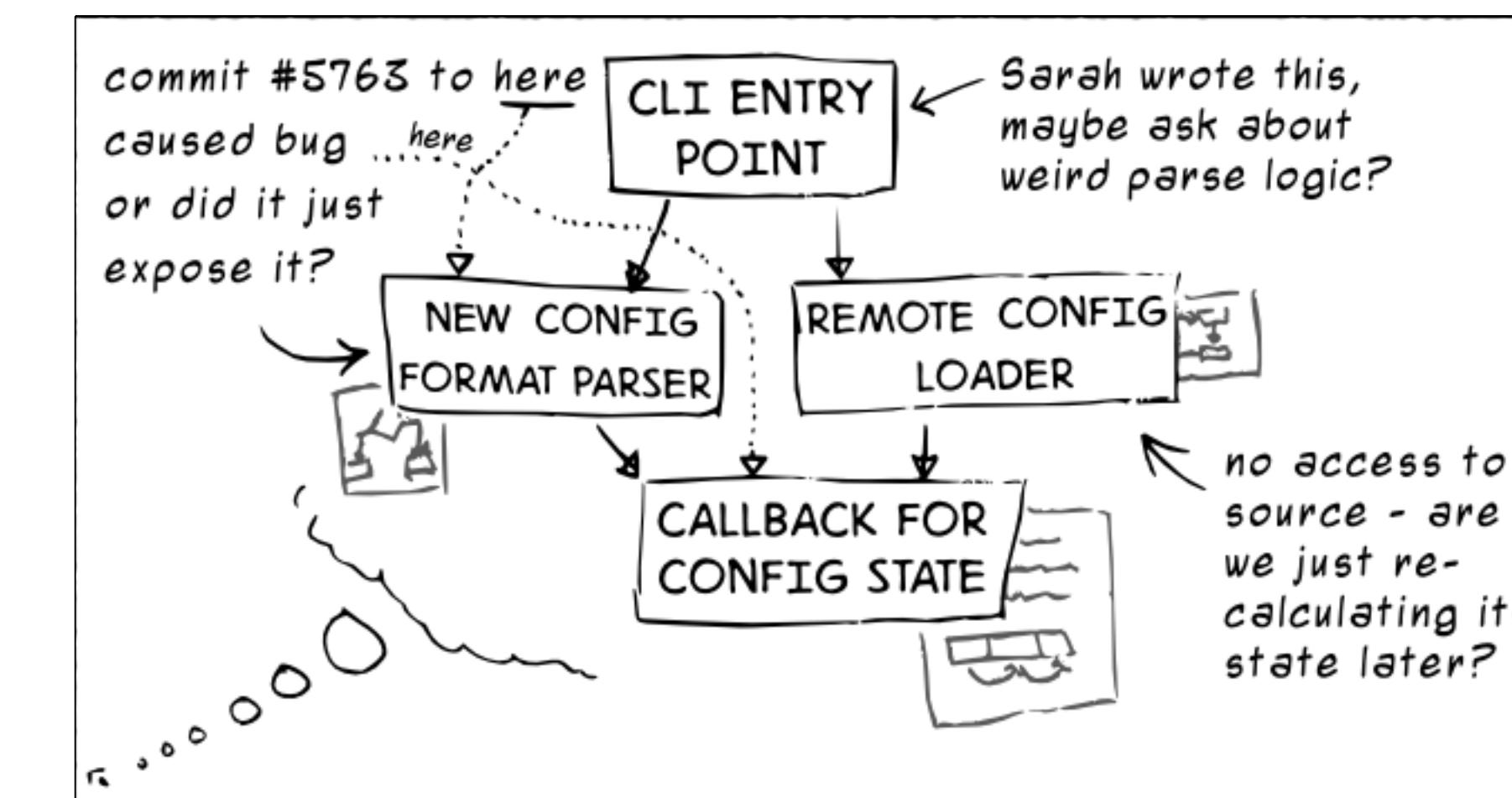
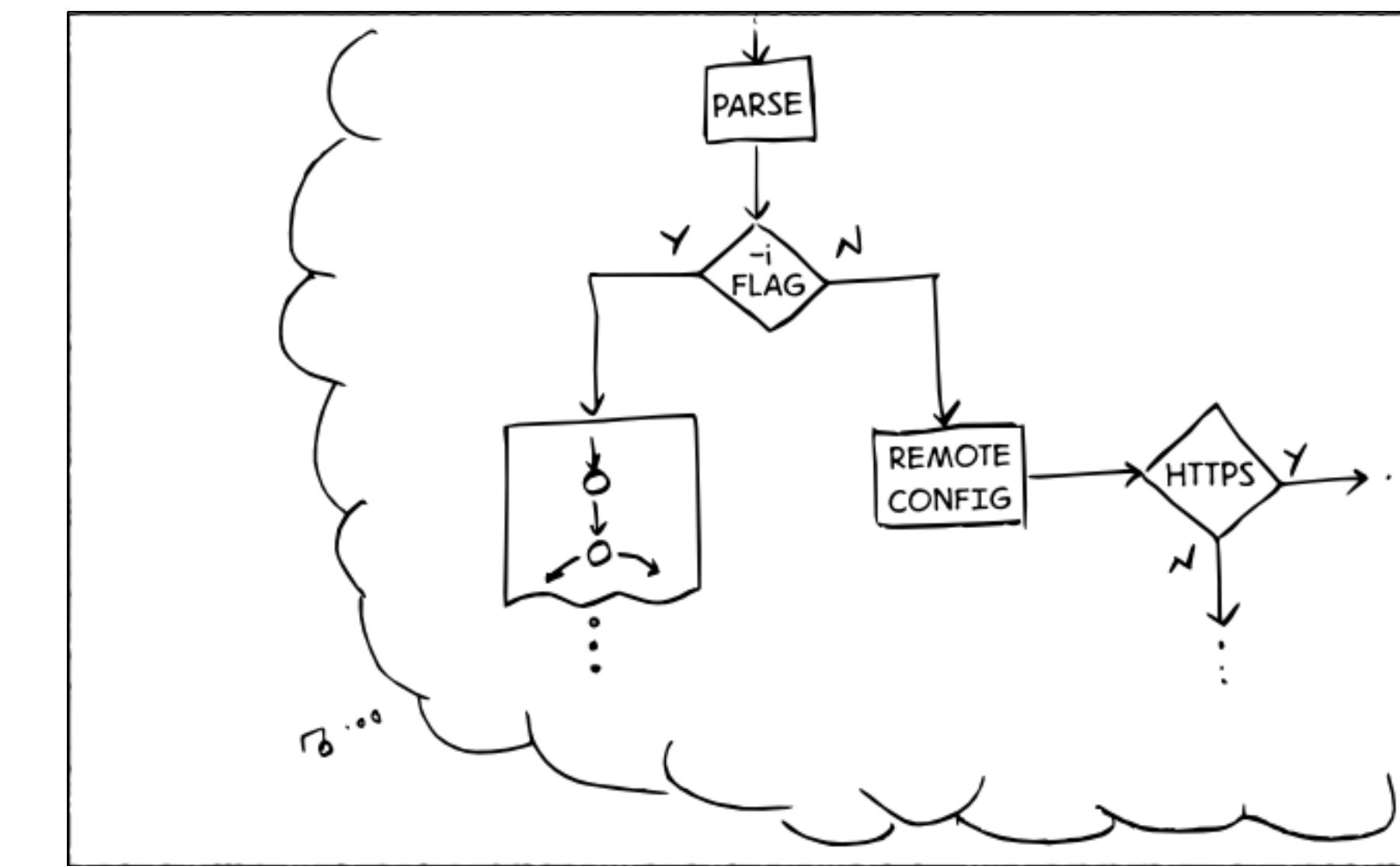
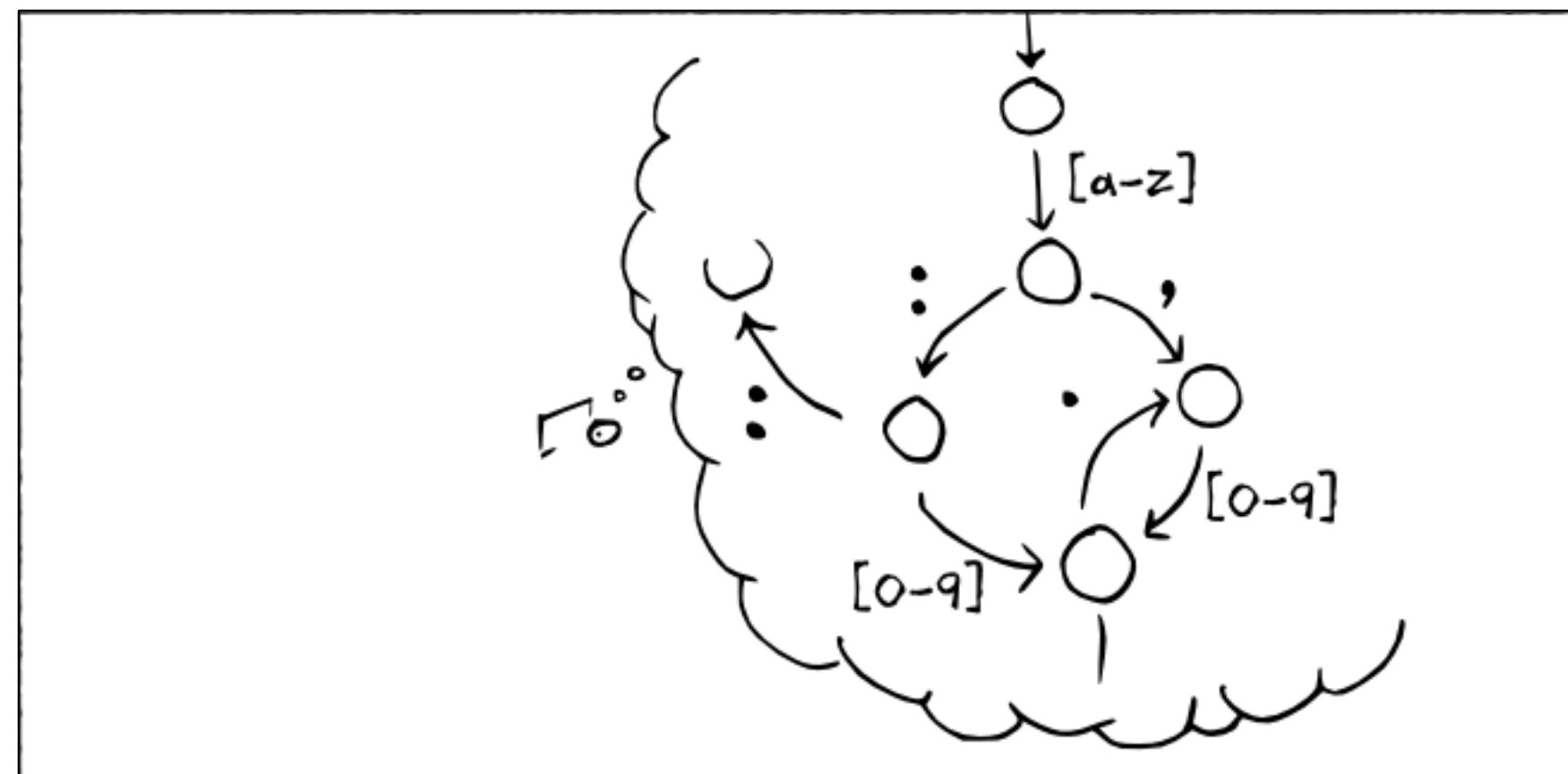
A DAY

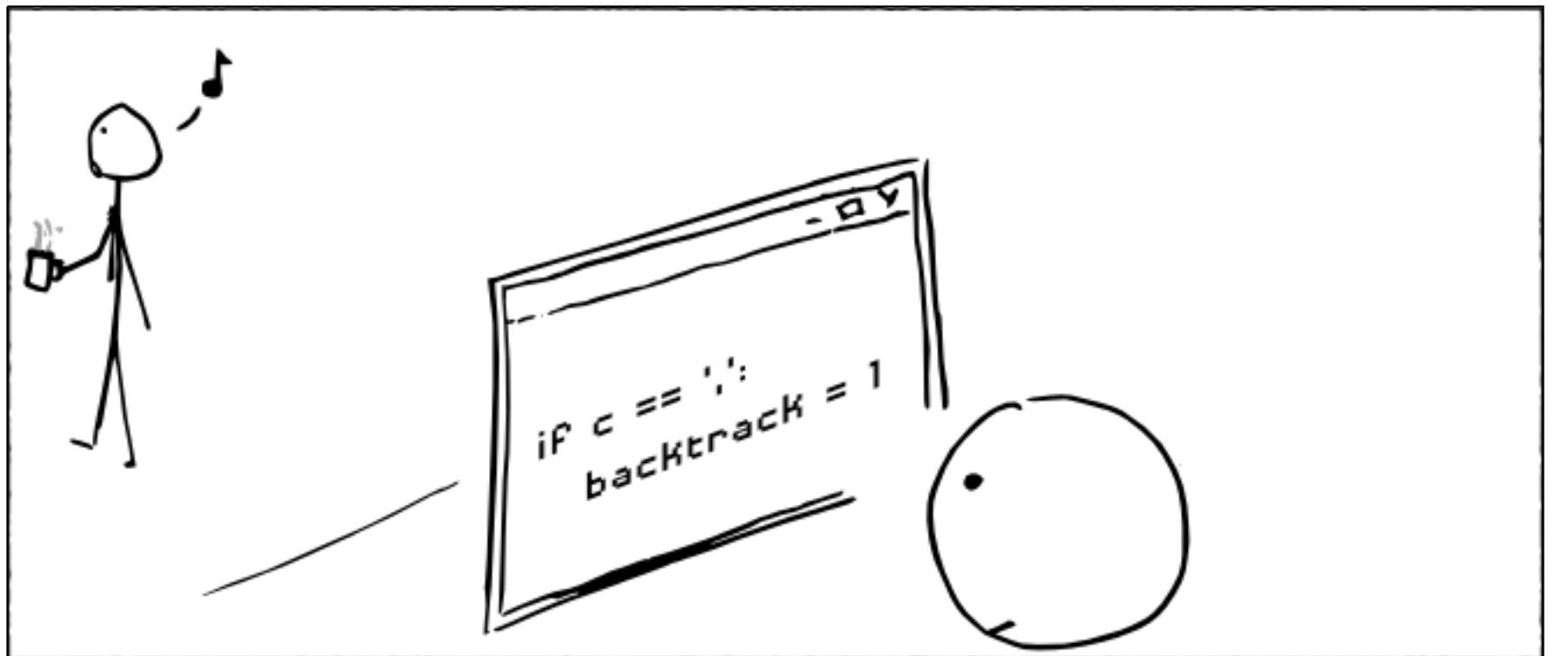
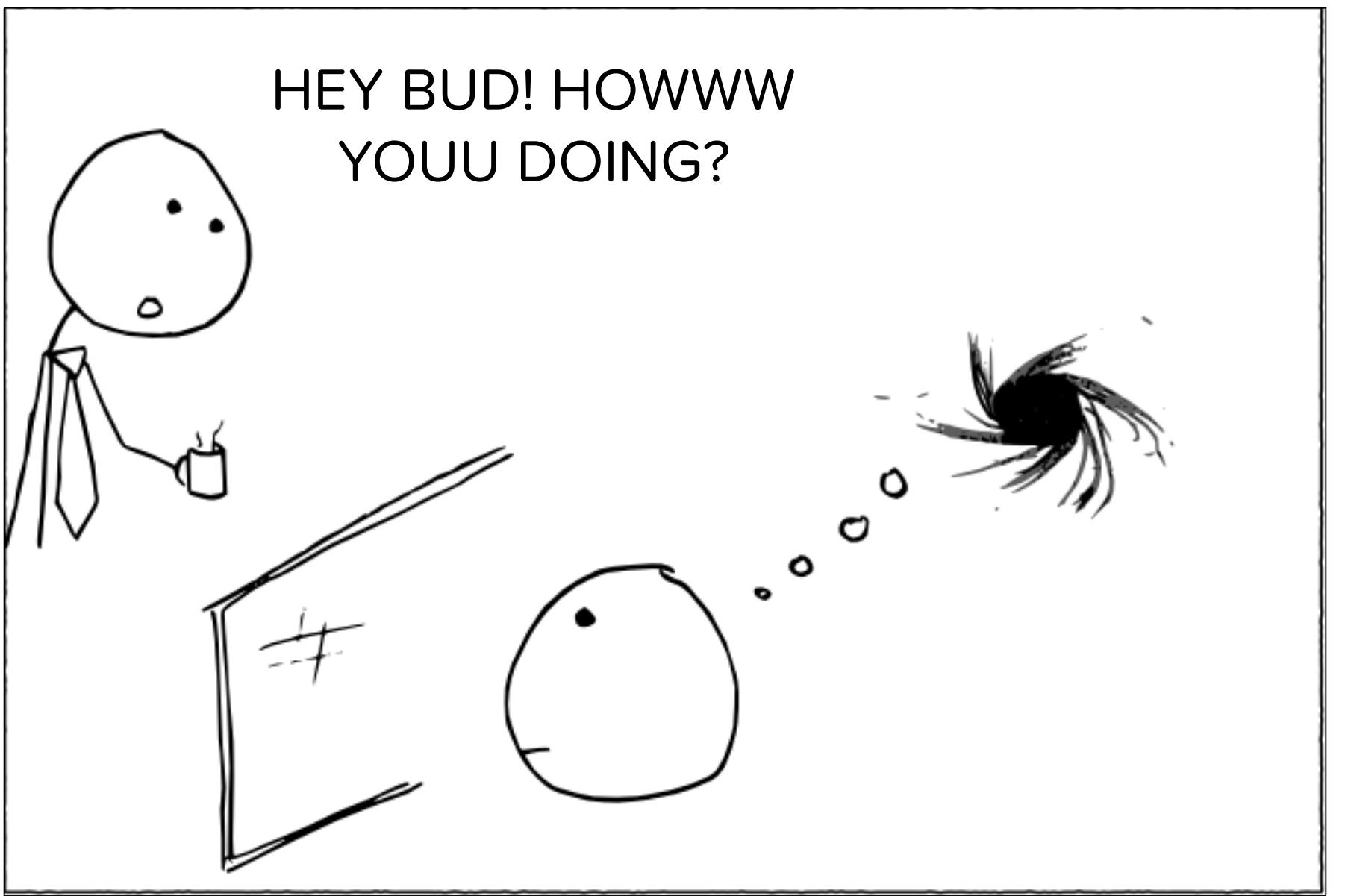


Interruptions



...so if the current character is a comma, we set the backtracking flag...





unplanned

It takes avg. 10 min before
they get back to productively
coding.

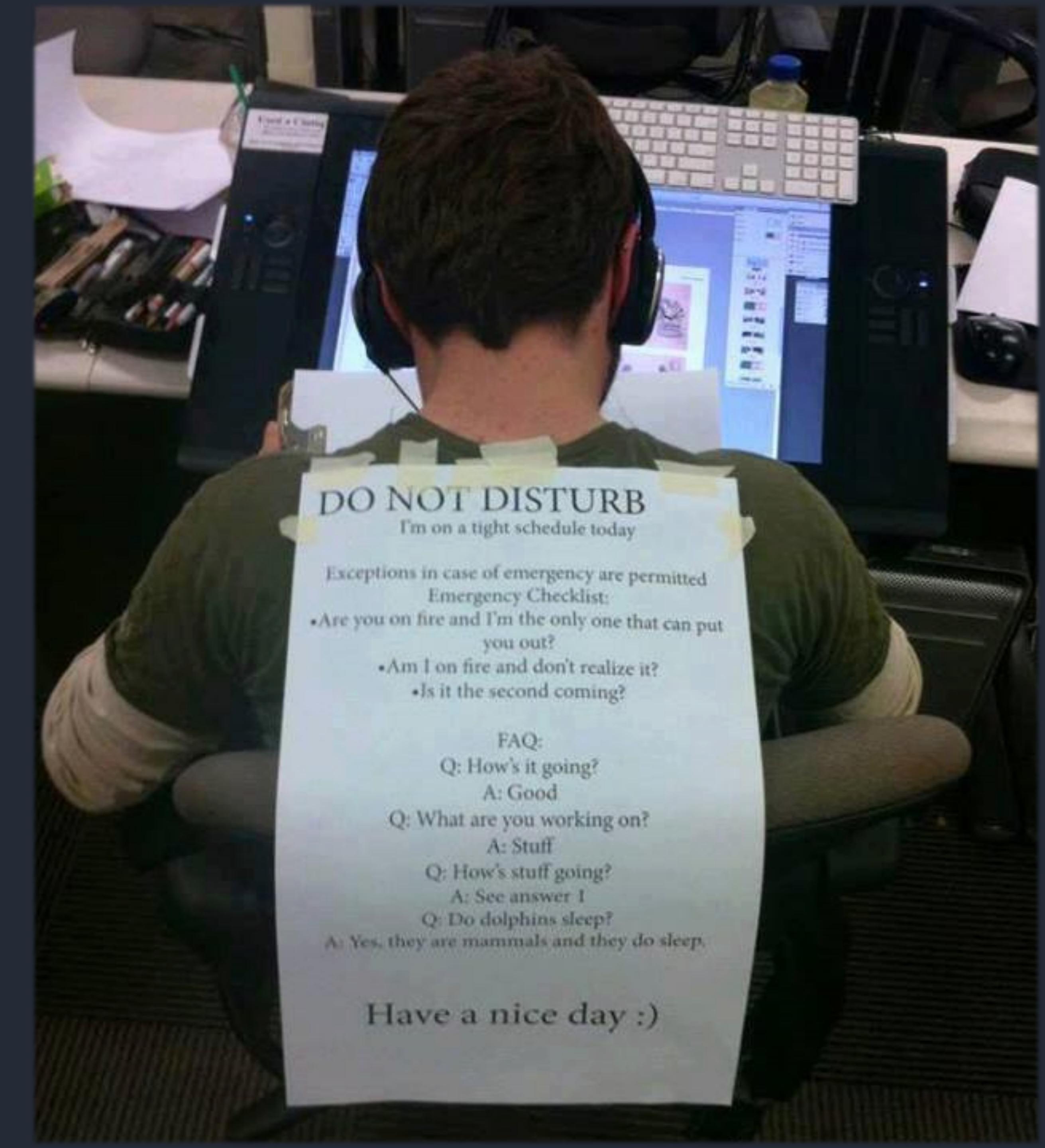
planned

It takes way long time than
unplanned interruptions.

Did you know?

Just one uninterrupted 2-hour session

= Flow state





**“THREE DIFFERENT FACTORS THAT CONTRIBUTE TO HOW PRODUCTIVE
YOU ARE:
HOW YOU MANAGE YOUR TIME,
HOW YOU MANAGE YOUR ENERGY, AND HOW YOU MANAGE YOUR
ATTENTION AND FOCUS. WHERE THESE THREE THINGS OVERLAP,
THAT’S HOW PRODUCTIVE YOU ARE.”**

German efficiency at work

If you are at work, you are at
work.





MUSIC

Headphones on
in the office
means **NO**
interruptions.



PING!

PING!

PING!

PING!

PING!





Night Owls



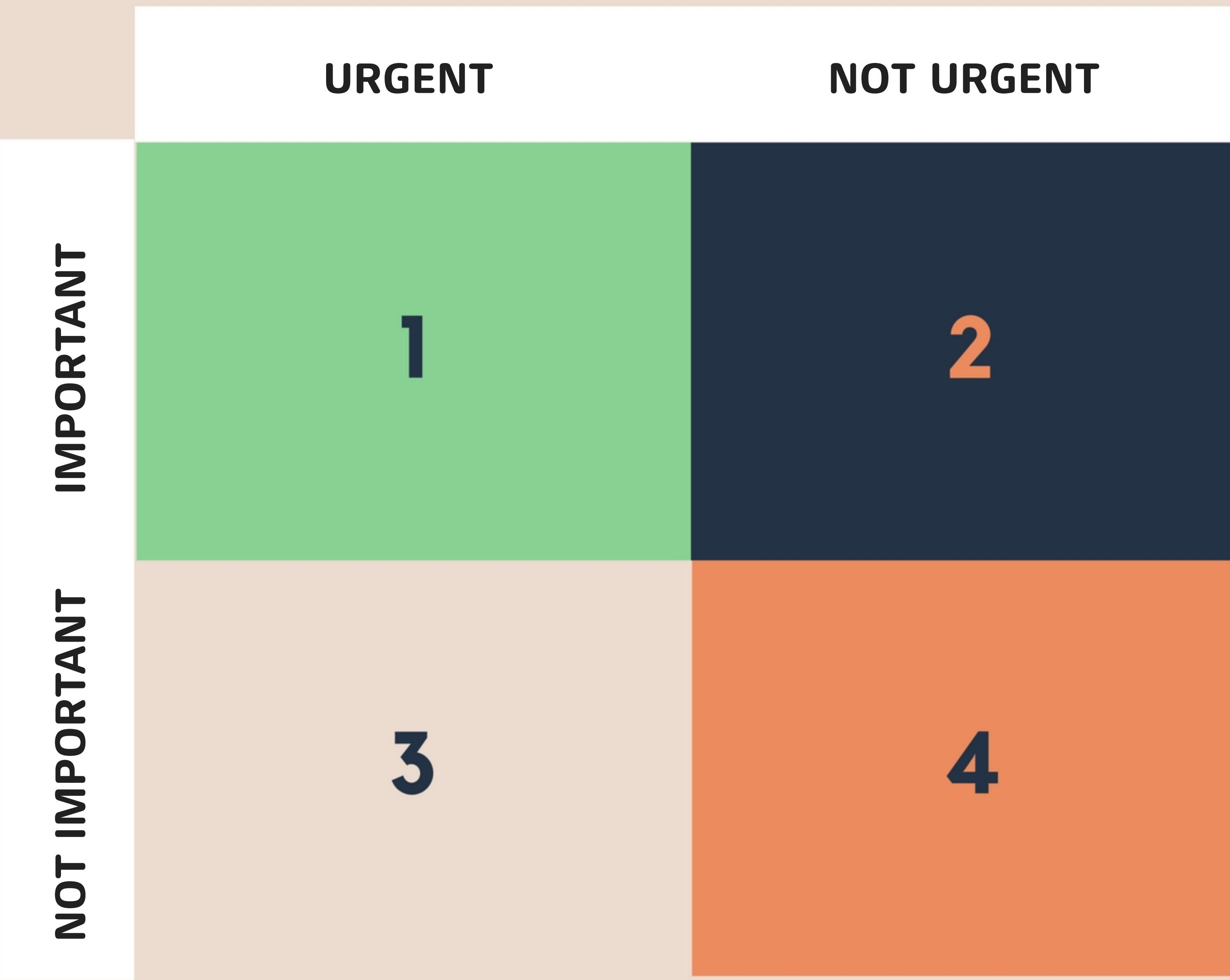
Early Birds

“



What is important is seldom
urgent and what is urgent is
seldom important.

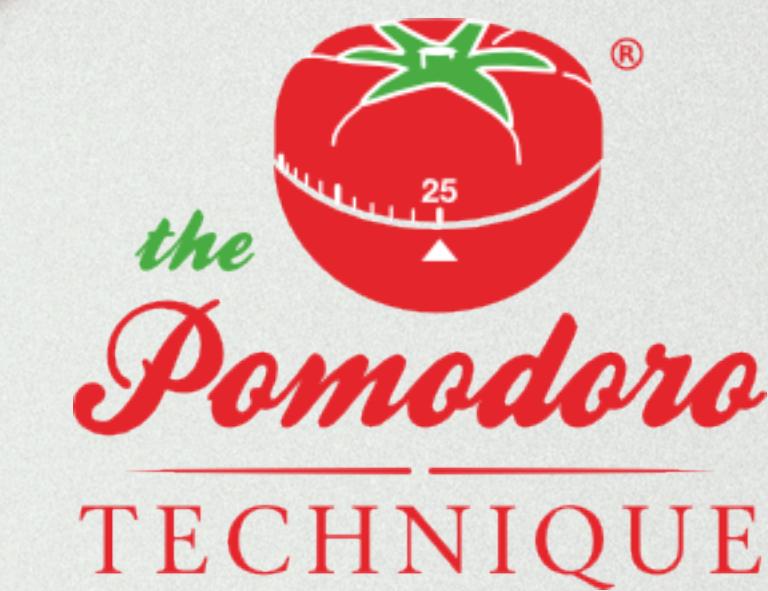
- Dwight Eisenhower



The Eisenhower Box



Make
Easier
Decisions



Pomodoro Technique

THANK YOU