



BY IRIS TECHNOLOGIES TEAM

WHAT MOST SUCCESSFUL PEOPLE DO



Tips&Tricks to achieve more



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Introduction

Nothing in the world is more common than unsuccessful people with talent.

Life is short, but it can also be long enough for a man to do a change.

Because if you think about it - what's the point of being alive if you don't at least TRY to do something that matters?



“

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it.

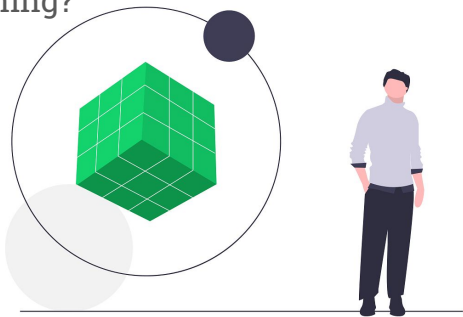
”

Steve Jobs

So what do we do when trying to make something of ourselves - we study and go to work.

But how can we be more productive and work in such a way that leads to success?

Well, check out our tips on how to work better and achieve more - perhaps you will be the next big thing?



Read

The best people don't make excuses - they know that there is endless knowledge in books and they use it.

There are tons of books out there to help you achieve your goal - you just have to go look for them!

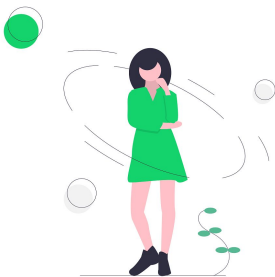
Try reading one book every week and the result will come soon.



Set specific goals

If you just do things and don't know where you are going you will always end up somewhere else or nowhere at all.

Sit down, imagine your future and how you want your life to be - remember it and pursue it.



Make a To-Do list

This will help you with the previous advice.

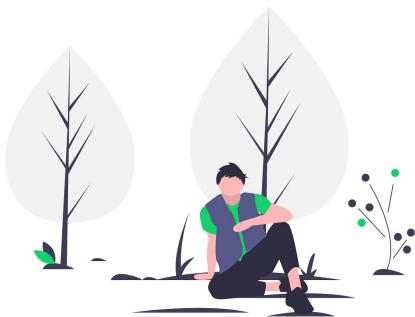
Plus, when you tick things off the to-do list later you will get extra motivation - there's nothing sweeter than seeing that you made it!



Be healthy

You want to be effective and productive 24/7? Sorry, but that's impossible.

Learn to give yourself a break from time to time.



There is such thing as working too hard.

Sometimes taking things slow may unlock your creativity and help you see everything from a different angle.

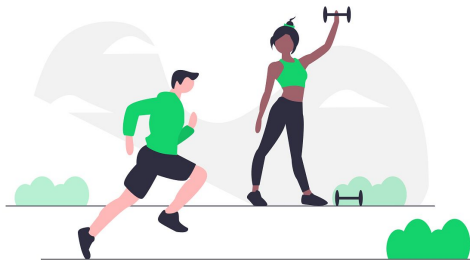


Trust me, you don't want to burn out - so stop living like you are on fire.

You have to be healthy in every aspect - physically and mentally.

Work out at least once or twice a week, find a sport that you like and that will help you relax and stay in shape.

Watch your food - crappy food will make you feel crappy.





I assume that most of the time you work on a computer.

While technology helps us a lot, we must not forget how it harms us.

Starting with the fact that you spend a lot of time sitting down and end up with back pain and finishing with the eye problems.

Sounds pretty bad, right? Well, in fact there are multiple ways to help you reduce the negative effects of monitors. Check them out now 





If you are curious about the effect of digital devices on our health visit our [website](#) or go directly to the following articles:

- [“How blue light destroyed our sleep”](#)
- [“How monitors destroyed our eyes”](#)
- [“Are you feeling drained from your frequent computer use?”](#)
- [“Blue light - learn the fact and fiction behind this modern threat”](#)



As you can read in the articles I mentioned, our goal at Iris is to help people protect their eyes while they work.

Iris is a software which can help you be healthy and achieve more on computer.

There are thousands of things I can say to try to convince you...

... BUT instead I won't make big promises - just try Iris for FREE and decide for yourself if it is your thing.



[TRY IRIS](#)

Manage your time

You can do anything, but not everything. Often when you get an idea it is followed by more and more super creative thoughts.

You want to do all of the things at once, you get very excited and end up not finishing even a single one of them.

It is great that you have ideas - just turn them into reality one by one, step by step.



Learn from your mistakes

Everyone says that so it sounds like a cliché, but it's truly important.

There is no way to do everything right from the very first time - mistakes are ok as long as you don't repeat them again and again.

Analyse! This is one of the most important rules - analyse yourself and what you do!



Believe in yourself

Last but not least - believe in yourself and your ideas.

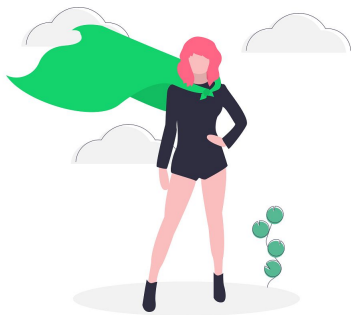
Remember - there are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed.



Conclusion

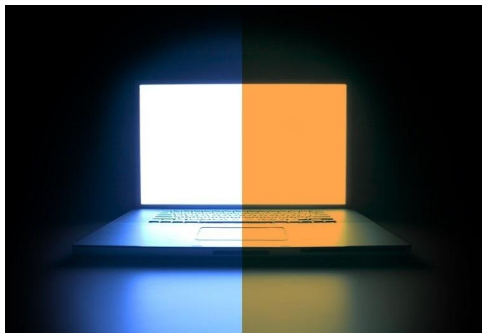
Whether you think you
can or think you can't,
you are right!

So what will you
choose?





Protect your Eyes. Be Healthy. Achieve more



Download Iris for FREE