



10 FACTORS

THAT HINDER YOUR PRODUCTIVITY

10 Factors That Hinder Your Productivity

Being productive at all times can be quite a hassle, right? It's not easy being known as the creative one, or being known as the one that can handle any issues that get thrown into his face. Most of us don't want to live with that sort of a responsibility, but the sad reality of the fact is that we are mostly just afraid of letting down those around us.

Being productive is definitely helpful, but a lot of the time it almost feels like we are not able to act out on our own because something seems to hinder our decision making, causing us to either never realize how to fix the issues or just to make us pick the wrong choice. This is why we tend feel bad every time we get picked out as the "productive one" since it comes with a certain responsibility that we are afraid that we can't hold onto for too long.

This is why we've decided to create this short article for you. In it we are going to showcase every factor that tends to hinder our creativity and thus making us reach that pesky old "writer's block". So, without further ado, let's begin with the most obvious one, aka:

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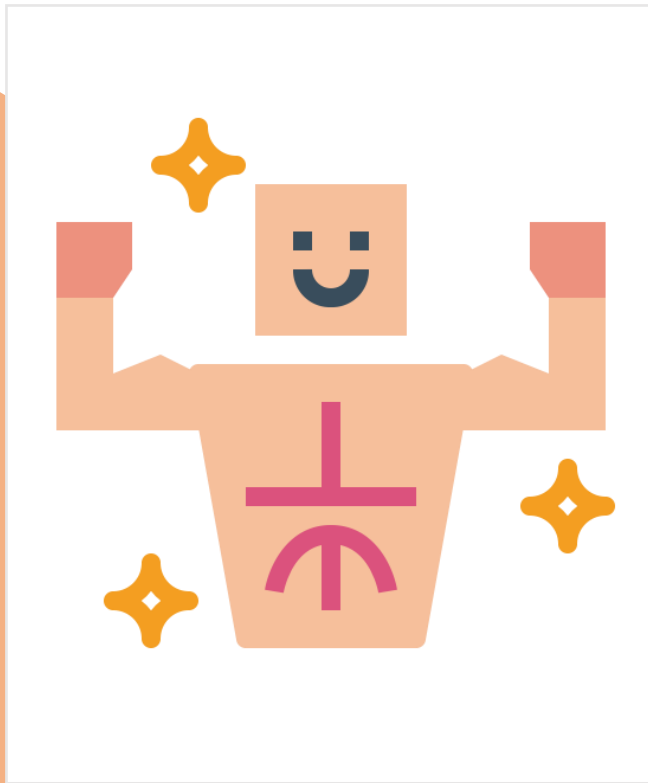
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**Not Settling On Anything
But Perfection**

This is definitely a pretty important thing to take into consideration, since most people would think that going for the best outcome is a positive thing, which it can be most of the time, but at the same time focusing on the best outcome whatsoever can definitely lead to you messing things up and becoming obsessed with making that idea work.

Instead of being a perfectionist you need to focus on just coming up with a good way of fixing your problem, regardless of how easy or hard it is to achieve. This is not a video-game, there are multiple right choices for every problem so don't let yourself be consumed by one solution that seems impossible and instead find ways around it. The more you work the easier it will become and thus you'll get past any problems in no time.



**Healthier Body,
Healthier Mind**

Stop frequenting fast foods and instead focus on good food that will help both your body and your mind to become better. Eating junk food will always hinder your body and mind since it obviously forces you to focus on the wrong things every day. Sure, eating a hamburger every now and then is not going to destroy your brain and eating soya once per week won't make your brain increase in size, but it is worth it since at the end of the day the happier your body is the happier you are, and the happier you are the more likely you are to find solutions to your problems without folding under the pressure.



Stop Complaining

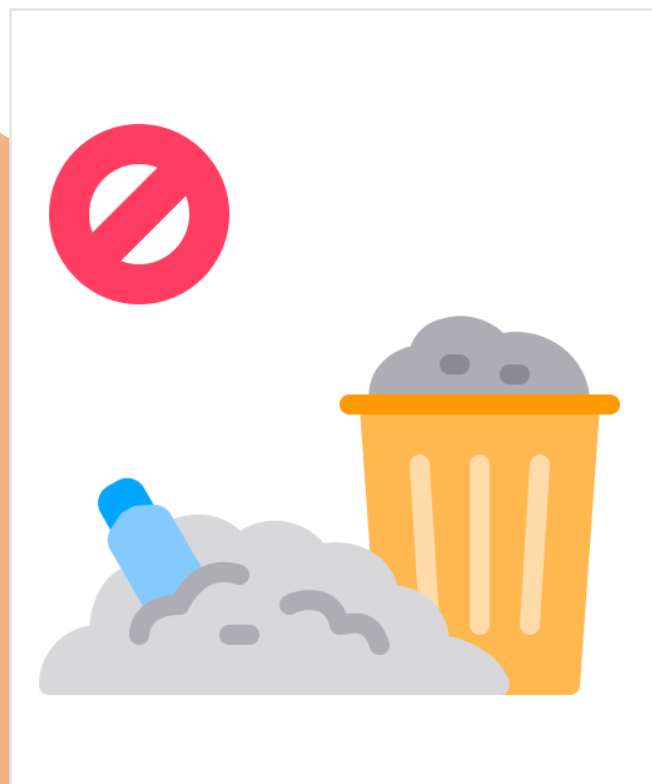
Complaining solves nothing, literally nothing at all. There is no reason to complain when you can take that time to find ways around your problems and thus fix them before they become too much of a hassle. Again, complaining helps no one, so stop doing it. Just ignore that inner voice that tells you that you can't do it and instead focus on ways to pull through. If you follow this ideology and stop complaining altogether, you'll almost immediately see a difference.



**Stop
Procrastinating**

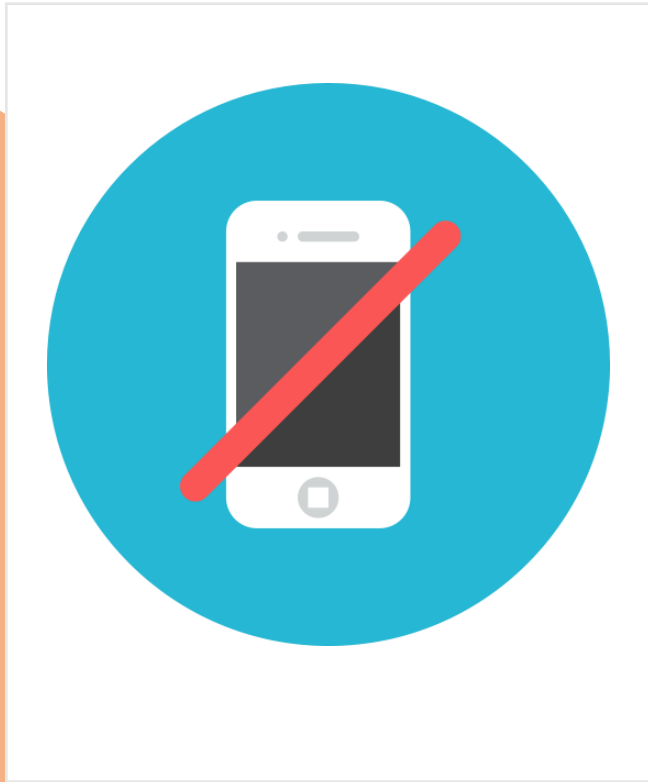
This is a very important thing to keep in mind because it is the exact reason as to why most problems are not solved at the end of the day. Procrastinating is a human trait; we know, there is no single solitary human on this planet that has never procrastinated in their lives, but that doesn't mean that it's too late to stop doing it altogether. This is something that you can control; it is not something that has control over you.

So, stop treating it like a must and instead focus on ignoring that impulse at all times. It will be hard since it almost feels like we are wired up with procrastination in our souls, but at the end of the day we are our own leaders, nobody controls our minds but ourselves. So, stop procrastinating and get things done!



No More Clutter

Clear out your space and make sure that you work in a safe environment, free of weird smells and cluttered objects that cover every corner of your eye. The more relaxing your environment is the more relaxed your mind is, thus allowing you to be more creative as a whole. This is definitely the best way to clear your mind, you can even go for a sort of a Feng Shui type of a room since it is known to help you process information way easier at the end of the day.



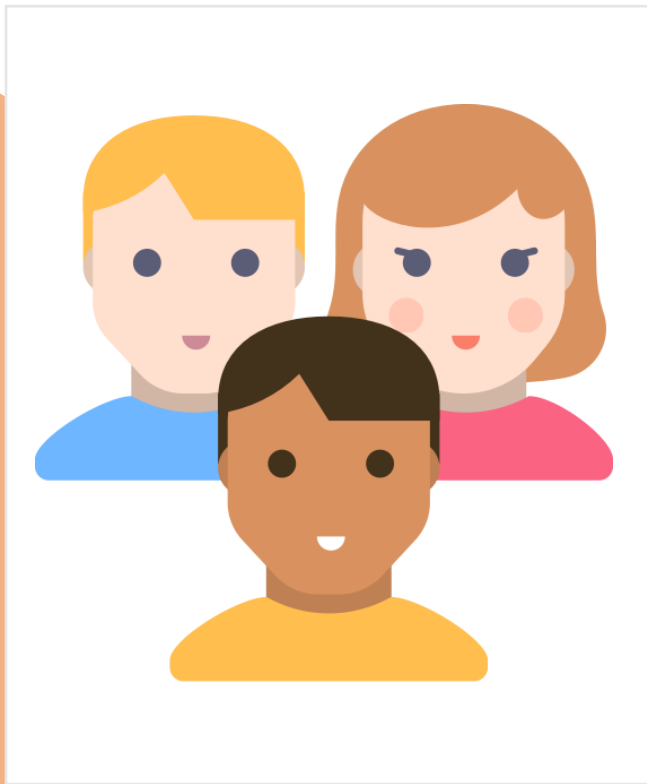
**Stay Away From
Social Medias**

This is a hard one but at the end of the day it is extremely important to do because it makes sure that there are no distractions lying around in the back of your mind at all times. Yes, social medias are never a good thing because they tend to fill your mind up with things that don't matter at the end of the day, which impedes you from focusing on what really matters.



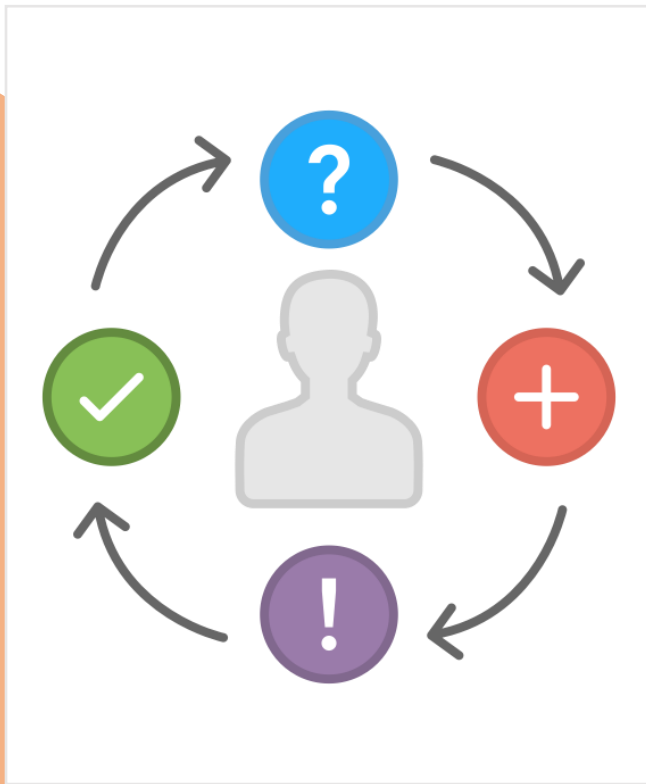
**Listen To
Calming Music**

Listen to whatever genre of music calms you the most. Whether that be Chopin, Beethoven or Skrillex, nobody cares what it is as long as it helps you concentrate on what really matters, aka solving your problems. So, make a playlist and start concentrating on your issues and the answers should come at you in a matter of minutes.



**Choose Who
You Hang Out
With Better**

This should come off as a surprise to no one, but the people around you tend to influence your productivity a lot since you are constantly receiving information from them, whether that is regarding your issue at hand or about something that has nothing to do with your issues, like last night's football match. Choose who you decide to spend your time with wisely since this can mean the difference between solving your problems overnight and never making a step in the right direction.



**Stick To A
Routine**

This is especially important if you tend to have a very hectic lifestyle. The more chaotic your life is the harder it will be to be productive. So, instead of just going with the flow and having a very flexible schedule how about you create a routine instead and follow it on a daily basis? This will help clear your mind and leave enough room in there for you to find the answer that you're looking for in no time.



**Stop Being So
Stressed**

Yes, this does sound quite silly at first since being less stressed is a whole other topic at hand that has its own instructions on how to deal with, but at the end of the day this requires nothing more than mental exercises to fix. The more in control you feel the more in control you are, so instead of breaking under stress you need to work upon your issues and stop being so stressed all the time. Ignore that voice at the back of your head that's telling you that you can't do it and instead force yourself to come up with solutions.