



**ART OF COACHING PODCAST™ EPISODE 273
THE PRODUCTIVITY MYTH: TIPS FOR MAKING SUSTAINABLE PROGRESS
WITHOUT SACRIFICING YOUR SANITY**

There are many "activities" that society deems as acceptable forms of relaxation. List off 3 that actually are NOT relaxing for you.

Think of the days when you feel busiest, and list out the things you're doing that keep you so busy.

What is your definition of "time well spent?"



Now, audit your list. Is there anything there that wouldn't be considered "time well spent," according to your definition?

Do you ever allow yourself to be bored or idle? If so, what are you doing/ when is that time? Where within your week can you be deliberate with your rest?

Make a list of 3 things that you used to enjoy, but no longer fulfill you. What were the outcomes of those activities that caused that fulfillment and why has that changed?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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