

Unleash Your Creativity - Assignment

Problem: Staying Focused and using my time wisely. I find when I'm at my computer desk is where I am most productive and find it easier to stay focused on tasks at hand. When I wander around the house, or do things around the house is when I lose track of time easily and get distracted. Sitting on the couch, or at the kitchen bench is where I get distracted by my phone.

Brainstorm Method:

>>Disney Process<<

- Do not wonder aimlessly around the house
- No doomscrolling EVER
- Do not sit on the couch
- Do not sit on your bed
- Do not nap on your bed
- Do not start convo with friends or family that could waste time.
- Do not 'chat time' at the gym.

- Basically all of them, but most of all to stay efficient at home, only SIT down at your desk. If you want to sit, you sit at your desk where your one purpose is to get work done. You have your meals standing at the kitchen bench. When you need to speak to someone, you stand, when you nap, you nap on a yoga mat on the floor.

