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Figure out a productivity time schedule that works best for you and plan breaks in between each bout of work. For me, the productivity sweet spot is 50 minutes of work with a 10 minute break. You may be able to work more or less depending on what works best for you.

30 Day Productivity Challenge, Action Plan to Improve ...

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(The 30-Day Productivity Guide Series) by Zahariades, Damon (ISBN: 9781519052278) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. The 30-Day Productivity Plan: Break The 30 Bad Habits That Are Sabotaging Your Time Management - One Day At A Time!

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