Maniac Week:
Experiments in Extreme Productivity

Bethany Soule :: bsoule@beeminder.com :: @thatgirl
Data → Behavior Change
Nick’s 120 hour workweek
That’s insane!
1. Publicly precommit
2. Remove distractions
3. Document it

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The Good
Cost to switching
The Bad: “You’ll burn out!”
Sitting is hard

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Be Prepared!

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Mark Forster’s Final Version
Public Precommitment
Normal version: your boss
Extreme version: $1000 bet

Bethany Soule :: bsoule@beeminder.com :: @thatgirl
Don’t read email

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The Email Game

Gmail Zero
Live at your office

Bethany Soule :: bsoule@beeminder.com :: @thatgirl
Distraction interrupt
Use force:

- RescueTime
- StayFocusd
- FREEDOM
Out of sight
Do Pomodoros

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25 or 45 minutes
“Do focused work. HOW?”
Pick *concrete* tasks
Backtalk:

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