

6 THINGS THAT PREVENT YOU FROM DOING YOUR BEST WORK

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Doing your best work takes more than just sitting down and working. There are many obstacles to producing high-quality output.

The best painter in the world won't do his best work sitting in the corner at a loud party. An engineer isn't likely to find a solution to a complex problem after a week of subpar sleep. You can't even do a great job of mowing your grass if you're preoccupied with your bills.

Your best work requires certain things. It also requires avoiding certain things. It also requires good conditions. The quality of your work improves as the quality of the conditions improve.

Avoid these things that prevent you from doing your best work:

- 1. A lack of focus.** Keep your attention on your work and give it the priority it deserves. Try to put your worries aside and avoid daydreaming while you're working. **Put the focus of your life on your work if that's what is necessary in your situation.**
- 2. Too many distractions.** Are you trying to work while keeping your eyes open for an important email and monitoring your social media feeds? Are you having a conversation with your children about doing their chores? Trying to watch a movie in the background? Thinking about your bills?
 - The fewer distractions you have in your environment, the better your work will be.

3. Negative emotions. If you're stressed, angry, jealous, fearful, resentful, or depressed, your work is going to suffer. **If you're content, peaceful, and relaxed, the quality of your work will be significantly higher.**

- It's very challenging to produce your best work if your life is in turmoil. A simple, enjoyable life increases the likelihood of doing quality work.
- **Remember that your emotions are triggered by your thoughts.** Avoid thinking about the negative things in your life while you're working. When you're not working, focus on implementing solutions to deal with those negative things.

4. Lack of a plan. A great vacation usually requires a plan. You can't just jump in the car and drive south. Doing your best work requires having a plan of attack.

- What are you going to do?
- When are you going to do it?
- What resources do you need?
- Who else needs to be involved?

5. Failure to do the most important tasks. The most important tasks can be the most challenging, or at least, the least enjoyable. The hardest exercises are the most effective. The most effective tasks are often avoided for tasks that are less uncomfortable. Achieving the best results means doing the hard things.

6. You're not physically at your best. No one does their best work in a sleep-deprived state. Your best work requires that you be at your best

physically. **Sleep and diet are the keys.** Sufficient sleep and good food help to ensure that the quality of work you produce is worthy of your respect.

- Have a regular bedtime and stick to it.
- Avoid foods that you know aren't good for you.
- Eat the proper number of calories for you.
- See your doctor regularly.
- Exercise.

There are several ways to fall short of doing your best work. Focus, good health, and a distraction-free environment can go a long way towards enhancing the quality of your work. Negative emotions and the lack of a plan can also make it impossible to do your best.

Doing your best requires removing as many obstacles as possible. Give yourself the best opportunity to do excellent work.