

# My top 5 this week

- How to empower your children with clarity in 5 steps
- **Struggling with daily productivity?**
- Don't let **age** define your **limits**
- 5 visuals to empower your mind
- **Job search as research journey**



# How to empower your children with clarity in 5 steps



**Greg Garunov** • 1st

Building a community for Millennial Dads to help them create stronger...

[Visit my website](#)



**Model self-respect**

**Create mental scripts**

**Prepare for challenges**

**Ask the right questions**

**Emphasize self knowledge**



**QuintSmart**  
*Excel through Holistic Learning*



# Struggling with daily productivity?



**Alan (AJ) Silber** • Following  
 Multiple 7-Figure Exit in 4 Years | Automated 6-Figure Revenue Strea...  
 16h •

## How to Master Daily Productivity

The Night Before	<b>1 S.M.A.R.T. Goals</b> S.M.A.R.T goals are specific, measurable, achievable, relevant, and time-bound. <b>The Night Before:</b> Set S.M.A.R.T. goals for the next day - write them down! 	<b>2 The Eisenhower Matrix</b> <b>The Night Before:</b> Before bed, list your tasks for the next day and categorize them into four quadrants. 	<b>3 Find Your Peak Time</b> <b>The Night Before:</b> Reflect on when you feel most energetic and alert. Plan to tackle your most challenging tasks during these times. 
	<b>4 The 2-Minute Rule</b> <b>The Morning of:</b> Start your day by quickly clearing out small tasks. If a task takes less than two minutes.  <b>The typical employee is only productive for 60% of the day across all professions.</b>	<b>5 Time Blocking</b> <b>The Morning of:</b> Schedule blocks of time for different tasks (e.g., emails, meetings, creative work) in your calendar, dedicating specific hours to focus on each task type. 	
Throughout the Day	<b>6 Task Batching</b> <b>Throughout the Day:</b> Organize similar tasks, such as replying to emails or scheduling meetings, into batches and tackle them in designated time blocks. 	<b>7 Pomodoro Technique</b> <b>Throughout the Day:</b> Set a timer for 25 minutes and work with full focus, then take a 5-minute break. Repeat this cycle throughout the day to maintain high levels of productivity. 	<b>8 Kanban Board</b> <b>Throughout the Day:</b> Set up a Kanban board with columns for "To Do," "In Progress," and "Done" to visualize and manage your workflow. 
	<b>9 Closing Out the Day</b> <b>End of Day Review:</b> Spend the last 15 minutes of your workday: <ul style="list-style-type: none"> <li>Reviewing what you've accomplished</li> <li>Updating your task lists</li> <li>Setting priorities for the following day.</li> </ul> <b>79% of workers agreed that they do not believe they are productive for a complete eight-hour workday.</b> 	<b>10 Productivity Journaling</b> <b>End of Day Review:</b> At the end of each day, jot down what you accomplished, what challenges you faced, and how you can improve. Use this reflection to plan for the next day. <b>"Lost time is never found again."                  - Benjamin Franklin</b> 	



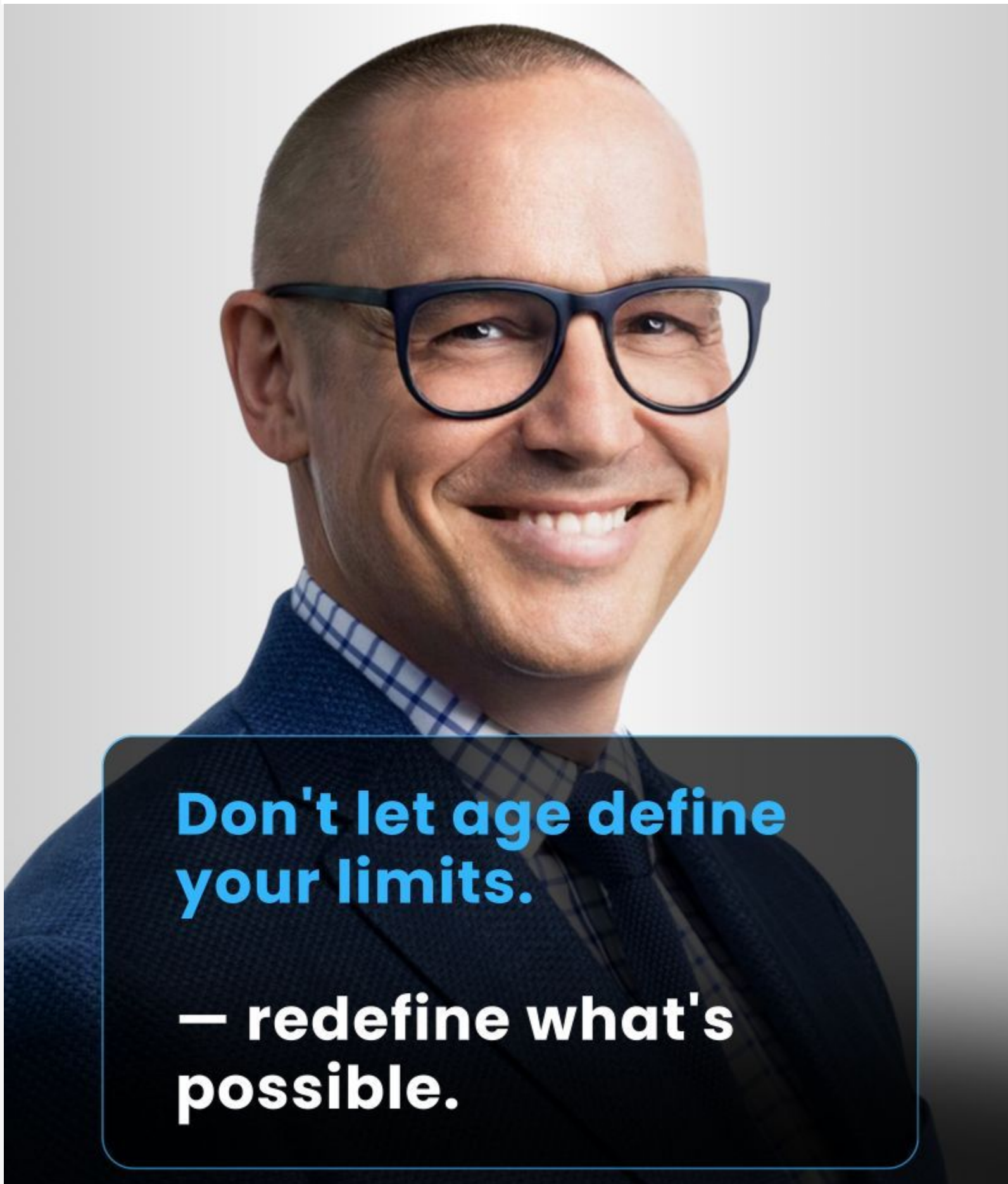
# Who the f\*ck is going to hire me at 56 years old?



**David Hannan** • Following

I help mid-career leaders avoid job search ghosting | Bulletproof your ...

1d •



**Don't let age define  
your limits.**

**— redefine what's  
possible.**



**QuintSmart**  
*Excel through Holistic Learning*

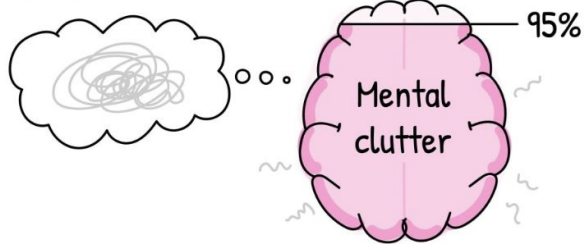


# 5 Visuals to empower your mind

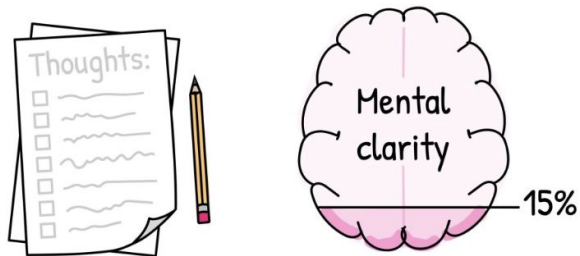


**Hannah Wilson** (Quoted Visually) • Following  
Teaching you how to simplify complex ideas Create scroll-stop...  
1d •

Keeping it in your head:



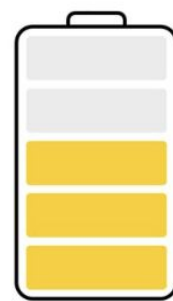
Writing it down:



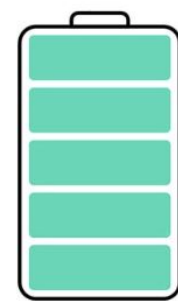
@Quoted Visually



A toxic job drains us

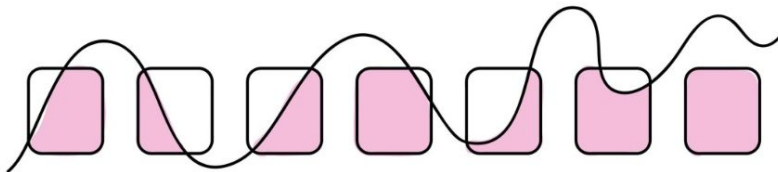


A decent job sustains us



A healthy job invigorates us

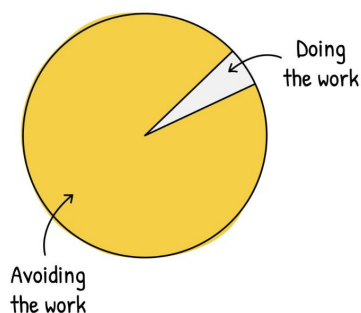
Confidence fluctuates:



Your worth doesn't:



ENERGY SPENT



@Quoted Visually



A tap that drips one drop per day



Will eventually fill a bucket

@Quoted Visually



# Turn your **job search** to a **research journey**

- Target **3 Industries**
- Find **5 companies** for each
- **Research** those companies **in detail**
- **Network** ⇨ from stranger to known

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## **Second Brain for Job Search**

apply Capture - Organize - Distill - Express

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