# Deeper Dive Session 4 Productivity

## Overview

Watch the recording of our fourth Deep Dive Session on Productivity. In this session, we reframe the concept of productivity and explore what it looks like to embody productivity that prioritizes well-being.

### Summary Highlights

3:02 Defining productivity

10:41 Productivity as a state of being

12:36 Unlearning and letting go balances habit formation

14:31 Time and Noticing Space for Efficiency

17:26 Viewing Productivity as a Construct of Time

25:57 Simplify to amplify - create systems that work for you in those areas that you can impact

26:48 Practical systems + tools for increased productivity

42:19 Reframing healthy productivity and how it opens up space

45:20 Reflection on steps can you take to consciously unlearn habituated patterns to create space for adopting healthier, more effective practices

In this session, Jyothi shared the following activities that we encourage you to consider as next steps on your journey:

* Reflect on what steps you can take to consciously unlearn habituated patterns to create space for adopting healthier, more effective practices. Notice your space and what fills it.
* Practical systems + tools
	+ Time management - ATracker app
	+ Email management - GMail add-ons, Boomerang, Calendly
	+ Health and Wellness Support - InsightTimer, Calm, Headspace, Loona, Oura, Noom, Whoop, Huberman Lab Podcast, Day One App
	+ Task management - Trello, Asana, Monday.com, Airtable, Post-it notes in a jar for completed tasks
	+ Communication system - Slack, Microsoft Teams
	+ Continuous Learning - Online learning platforms such as courses at Maddie’s University

Please share any discoveries in the [Maddie’s Pet Forum group](http://maddies.fund/JYOcommunity) or email Jyothi at jyothi@jyo.world.

### About the Journey You Own Deep Dive Meeting Series

Join us in this insightful meeting series where Jyothi V. Robertson, DVM, DABVP (Shelter Medicine), leads us on an exploration of the concepts and practices outlined in the Maddie's University® course titled The Journey You Own: Practices for Wellbeing and Productivity (link: https://maddies.fund/JourneyYouOwnMU). While completing the course is not mandatory, it serves as a valuable foundation for further learning.

The last deep dive meeting is coming up on Wednesday, Jan 3, 2024 10am PT | 12PM CT | 1PM ET where we will cover Communication in Action.

Can’t make it live? Register and receive a link to the recording after this event. Click here to register today. <https://maddiesfund-org.zoom.us/meeting/register/tZIvcuiqrzwiGdPFkVuHuwEgvV7i3OiO9HLq#/registration>