



The Journey You Own

THE JOURNEY YOU OWN: A DEEPER DIVE

PRODUCTIVITY

with Jyothi V. Robertson, DVM, DABVP (Shelter Medicine)



Maddie's
Fund

SEPT

6

10am PT
12PM CT
1PM ET

Creating Space

How does space appear in our lives?
Noticing space

OCT

4

10am PT
12PM CT
1PM ET

Contemplative Practices

What are practices you do in your life? Sharing tools for staying engaged with your practice. Looking at research related to specific forms of practice. Transformative engagement.

NOV

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Values Alignment

How do we think about values and how do they show up in our actions? What do we do to align our values with our personal mission or goals?

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Productivity

What does healthy productivity look like?
How can you form habits that produce the space for productivity?

JAN

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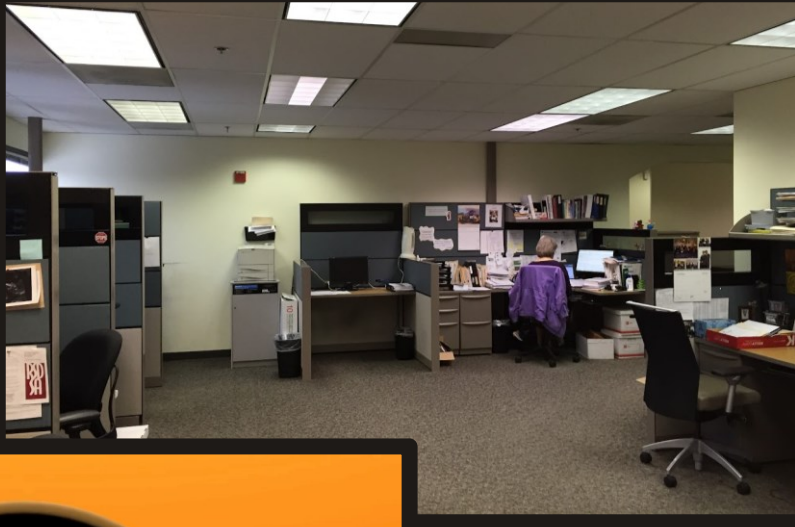
Communication in Action

What are specific ways to utilize language to create possibility? How does our listening impact our view? What are some ways to think about learning that can lead to wholeness.

Today, let's explore

PRODUCTIVITY

Once upon a consult...





Defining **Productivity**

If I am being productive,
I am _____.
(fill in the blank)



Productivity

If I am being productive,
I am _____.



AI's answer

BUSY	PRODUCTIVE
Focused on tasks	Focused on outcome
Work harder	Work smarter
Always saying "yes"	Skillful at saying "no"
Frantic	Purposeful
Quantity	Quality
Juggling multiple tasks	Streamlining tasks
Sacrificing personal time	Efficiently managing personal time
Struggling with work-life balance	Prioritizing self-care
Personal goals on the back burner	Pursuing personal goals
Social life on hold	Engaging in meaningful downtime

Productivity

as a state of being



Productivity

as a state of being

Growth

Balance

Sustainability

Healthy
Productivity

Grounding



From the module...

New Habit Ideas

When thinking about starting a new habit, consider what lifestyle choices you want to target. Understand that creating a new habit can be challenging and takes, on average, about **66 days**!

Be kind to yourself. While you want to be specific at what to have the following own.



EXERCISE REGULARLY

Considerations: How often and for how long? Be specific. Don't forget to give yourself grace as needed.



EAT HEALTHIER

Considerations: Explain what eating healthy means to you to make it easier to follow through.



MEDITATION PRACTICE

Considerations: Try and choose a time of day to provide consistency.



READ A BOOK

Considerations: Consider setting a time allotment for how long you want to read and how frequently.



WAKE UP EARLIER

Considerations: Set a consistent wake-up time.



GET OUTSIDE FOR AN HOUR WALK DAILY

Considerations: Choose a route that is safe and enjoyable.

INTRODUCTION TO PRODUCTIVITY

INTRODUCTION TO
HABIT FORMATION

How to create a new habit Cue-Routine-Reward

Reference: "How to Create a Habit" flowchart from The Power of Habit by Charles Duhigg
www.charlesduhigg.com/resources/flowchart-explaining-how-to-create-a-habit/



How to create a habit Cue-Routine-Reward


Routine

5-minute sitting meditation



INTRODUCTION TO PRODUCTIVITY

HOW TO CREATE A NEW HABIT



Unlearning
and **Letting Go**
Balances Habit
Formation



REFLECTION

What steps can you take to **consciously unlearn** habituated patterns to **create space** for adopting healthier, more effective practices?

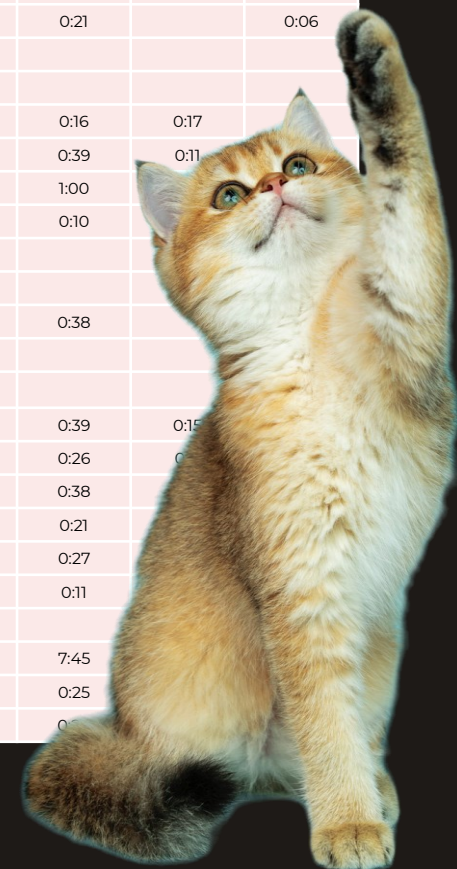




And the story continues...

Time and Noticing Space for Efficiency

	PROCEDURE	SPECIES	WEIGHT	PRE MED TIME	PRE OP START TIME	PRE OP END TIME	SURGERY START TIME	SURGERY END TIME	POST OP START TIME	POST OP END TIME	TOTAL PRE OP TIME	TOTAL POST OP TIME	TOTAL NON-SURGERY TIME	TOTAL SURGERY TIME	TOTAL OVERALL TIME	TIME BETWEEN SURGERIES	COOK TIME
1	DN	canine	Large	8:21	9:22	9:31	9:32	9:45	9:45	9:45	0:09	0:00	0:01	0:13	0:23	0:10	1:01
2	PS	canine	Small	9:16	9:47	9:53	9:55	10:15	10:15	10:18	0:06	0:03	0:02	0:20	0:31	0:04	0:31
3	CN	feline	Adult	10:10	10:15	10:18	10:19	10:20	10:20	10:22	0:03	0:02	0:01	0:01	0:07	0:24	0:05
4	CS	feline	Adult	10:23	10:30	10:42	10:44	10:55	10:55	10:55	0:12	0:00	0:02	0:11	0:25	0:08	0:07
5	CS	feline	Adult	10:45	10:50	11:01	11:03	11:14	11:14	11:14	0:11	0:00	0:02	0:11	0:24	0:05	0:05
6	KN	feline	Kitten	11:07	11:13	11:18	11:19	11:20	11:20	11:22	0:05	0:02	0:01	0:01	0:09	0:02	0:06
7	KS	feline	Kitten	11:07	11:13	11:21	11:22	11:33	11:34	11:34	0:08	0:00	0:02	0:11	0:21		0:06
8																	
9																	
10	PN	canine	Small	9:16	9:39	9:44	9:46	9:54	9:54	9:55	0:05	0:01	0:02	0:08	0:16	0:17	
11	DN	canine	Large	9:18	9:57	10:06	10:11	10:35	10:35	10:36	0:09	0:01	0:05	0:24	0:39	0:11	
12	CS	feline	Adult	10:11	10:21	10:43	10:46	11:19	11:19	11:21	0:22	0:02	0:03	0:33	1:00		
13	KN	feline	Kitten	11:10	11:25	11:30	11:33	11:34	11:34	11:35	0:05	0:01	0:03	0:01	0:10		
14																	
15																	
16	DS	canine	Medium	8:16	9:10	9:22	9:24	9:46	9:46	9:48	0:12	0:02	0:02	0:22	0:38		
17																	
18																	
19	DS	canine	Large	7:50	8:52	9:03	9:07	9:28	9:28	9:31	0:11	0:03	0:04	0:21	0:39	0:15	
20	DN	canine	Large	8:44	9:28	9:42	9:43	9:52	9:52	9:54	0:14	0:02	0:01	0:09	0:26	0:11	
21	DS	canine	Large	9:07	9:45	10:00	10:03	10:21	10:21	10:23	0:15	0:02	0:03	0:18	0:38		
22	PN	canine	Small	9:25	10:08	10:16	10:25	10:27	10:27	10:29	0:08	0:02	0:09	0:02	0:21		
23	DN	canine	Medium	9:26	10:17	10:27	10:30	10:42	10:42	10:44	0:10	0:02	0:03	0:12	0:27		
24	CN	feline	Adult	10:30	10:41	10:49	10:50	10:51	10:51	10:52	0:08	0:01	0:01	0:01	0:11		
25																	
											TOTAL	2:53	0:26	0:47	3:39	7:45	
											AVERAGE	0:18	0:01	0:02	0:12	0:25	
											MEDIAN	0:09	0:02	0:02	0:11	0:11	



Noticing how **"unproductive time"** may equate to reduced **"productivity"**



20 mins

Overall time per patient
(prep & surgery)



18 mins

Surgery time all surgeons
(19 min no puppy or feline neuters)



11 mins

Surgery time no intern
(14 min no puppy or feline neuters)



18 mins

Prep time
Range 3-22 min, median 9 min



9 mins

Unproductive time
between surgeries
Time surgeon is waiting totaled 2:16



28 mins

Patients' waiting time
from pre-med to prep
47 minutes for canine
8 minutes for feline

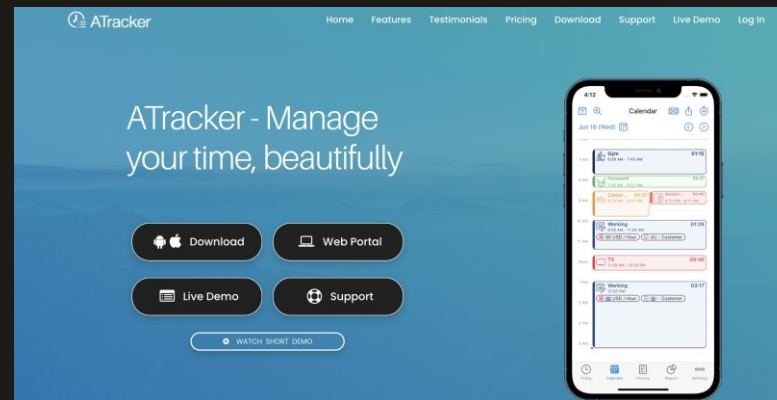
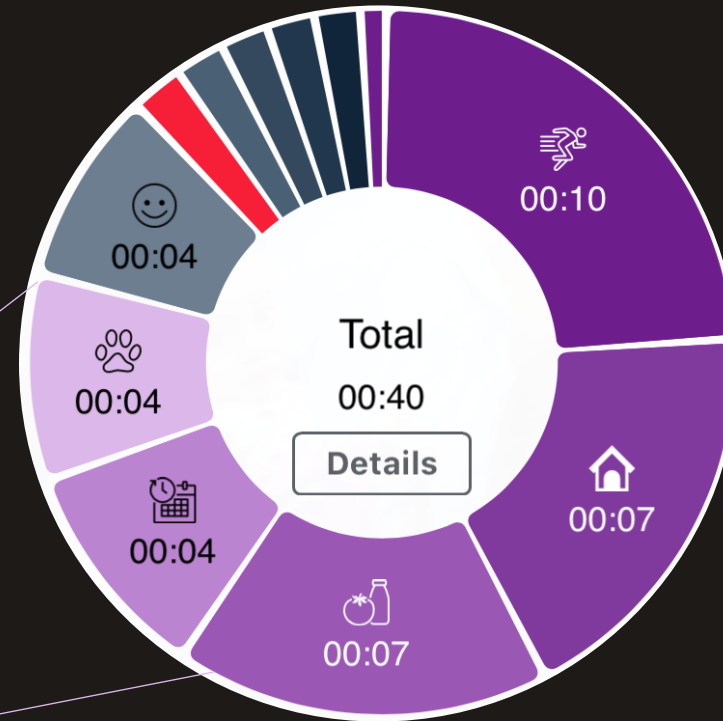
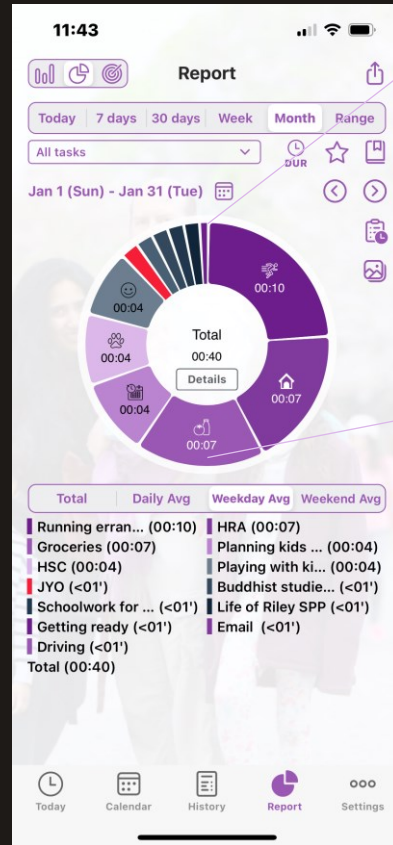
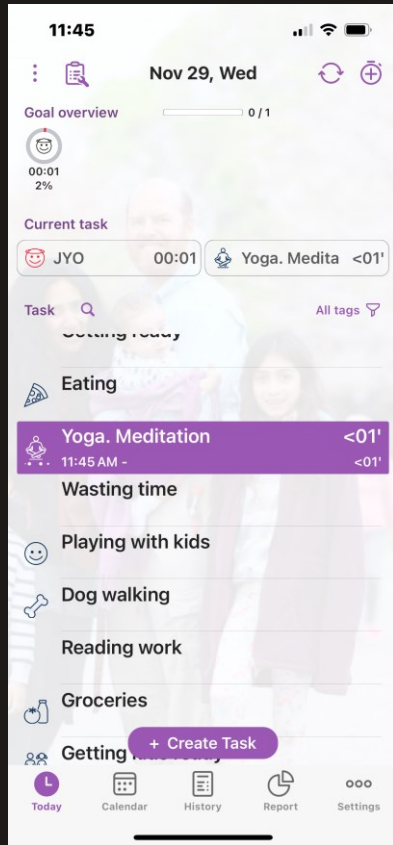


1 min

Time from surgery table to
recovery bed

Personal Utilization of Time

Noticing where your time is spent



**Viewing
Productivity as a
Construct of Time**



Going back...

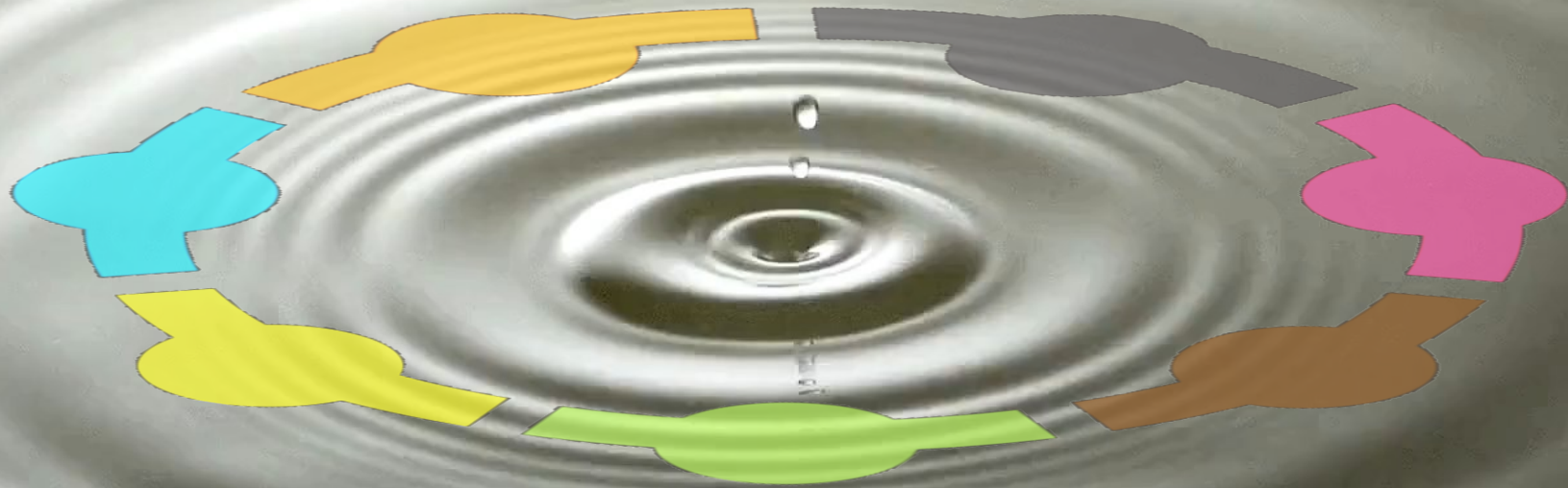




**Create systems that work
for you in those areas that
you can impact**



Simplify to Amplify

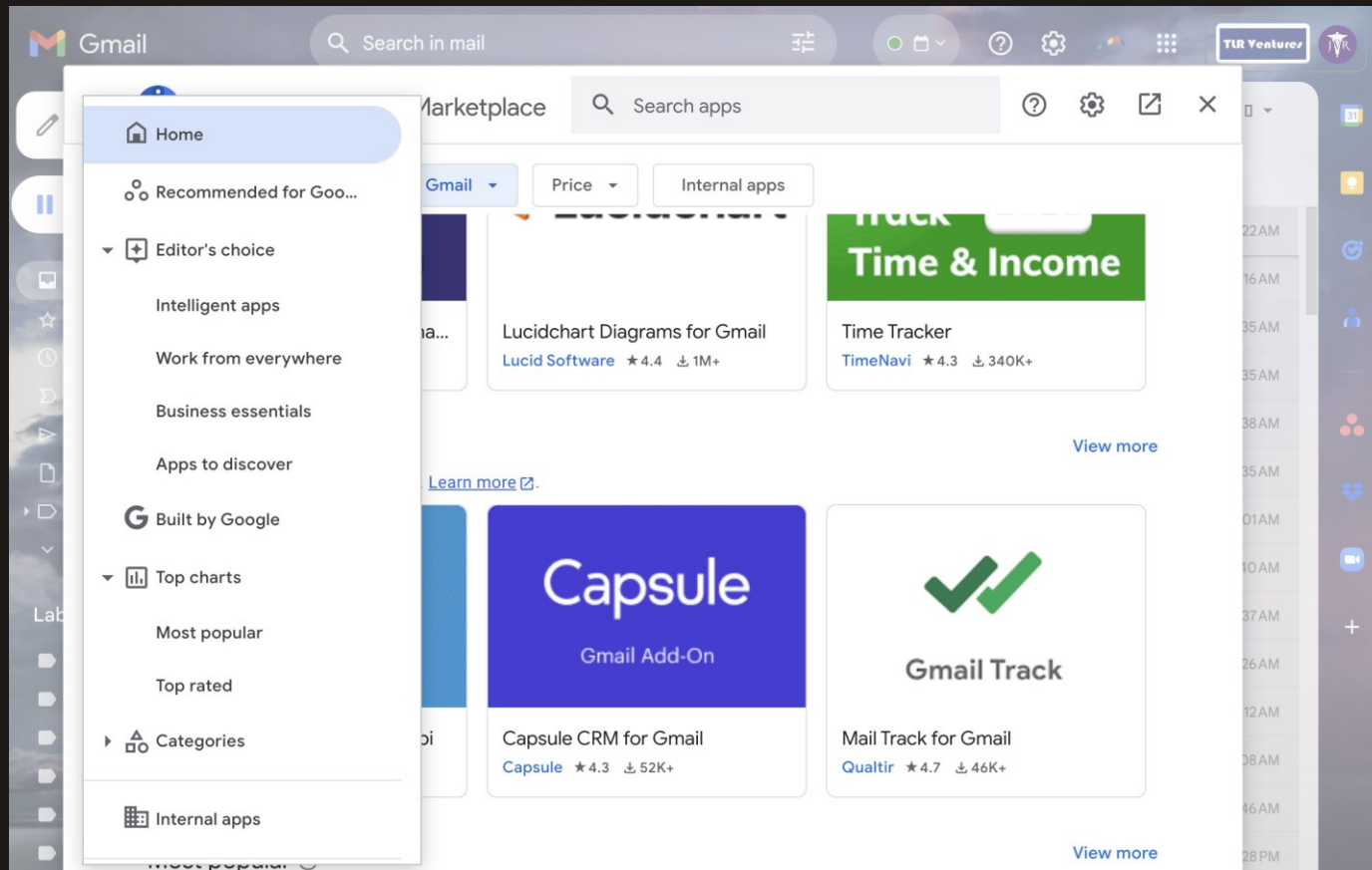


Email Add-On's

Tool: Gmail or Outlook

System: Set up rules and filters to automatically categorize and sort incoming emails. Prioritize emails from key contacts or with specific keywords to ensure important messages are promptly addressed.

Move out of email as a system to prioritize.



Health and Wellness System

Task Management System

Communication System

Continuous Learning

Practical systems + tools

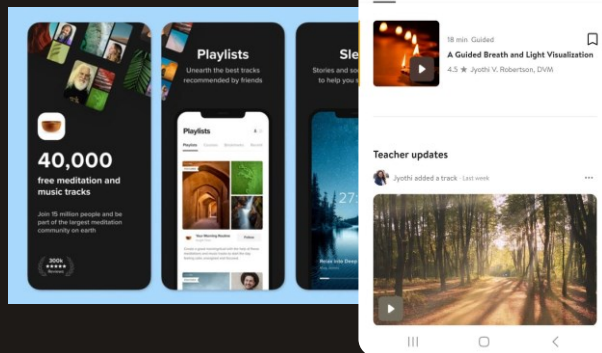
Health and Wellness Support

Mental and Emotional Well-being

Tool: Meditation, Fitness, nutrition or well-being apps
System: Create a system for tracking exercise routines, dietary habits, and overall well-being. Set reminders for regular workouts or meal planning, promoting a healthier lifestyle.

Insight Timer

Meditation app with the FREE library of more than 190k guided meditations, 17k teachers & the meditation Timer.



Calm

App for sleep and meditation.



Email Management

Task Management System

Communication System

Continuous Learning

Are we creating space for our mental and emotional well-being?

Practical systems + tools

Health and Wellness Support

Physical Health

Tool: Fitness, nutrition or well-being apps

System: Create a system for tracking exercise routines, dietary habits, and overall well-being. Set reminders for regular workouts or meal planning, promoting a healthier lifestyle.

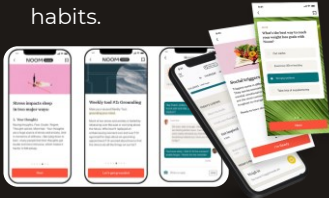
OURA

Smart Ring for Fitness, Stress, Sleep & Health

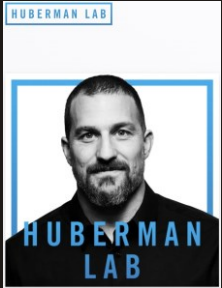


NOOM

A subscription-based app for tracking a person's food intake and exercise habits.



WHOOP



Huberman Lab Podcast sharing science-based tools for everyday life

What is fueling us?

Email Management

Task Management System

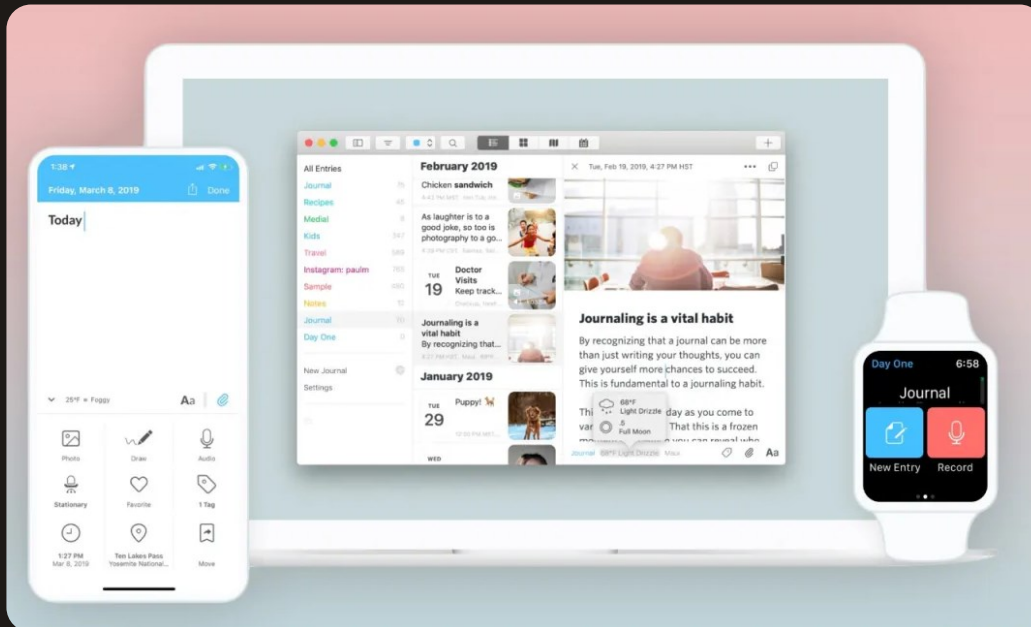
Communication System

Continuous Learning

Practical systems + tools

Health and Wellness System

Online Journaling and Gratitude Practice Tool: Day One App (www.dayoneapp.com)
System: Access your journal entries from mobile device, capture thoughts, reflections, and moments of gratitude and create consistency in your practice.



Email Management

Task Management System

Communication System

Continuous Learning

Are we finding time for reflection and completing our day?

Practical systems + tools

Task Management System

Tool: Comprehensive task management apps like Monday.com or Asana
System: Integrate personal and professional tasks into a single system. This allows for a holistic view of commitments, preventing overload and ensuring a balanced approach to work and personal life.



Email Management

Health and Wellness System

Communication System

Continuous Learning

Practical systems + tools

Communication System

Tool: Slack or Microsoft Teams

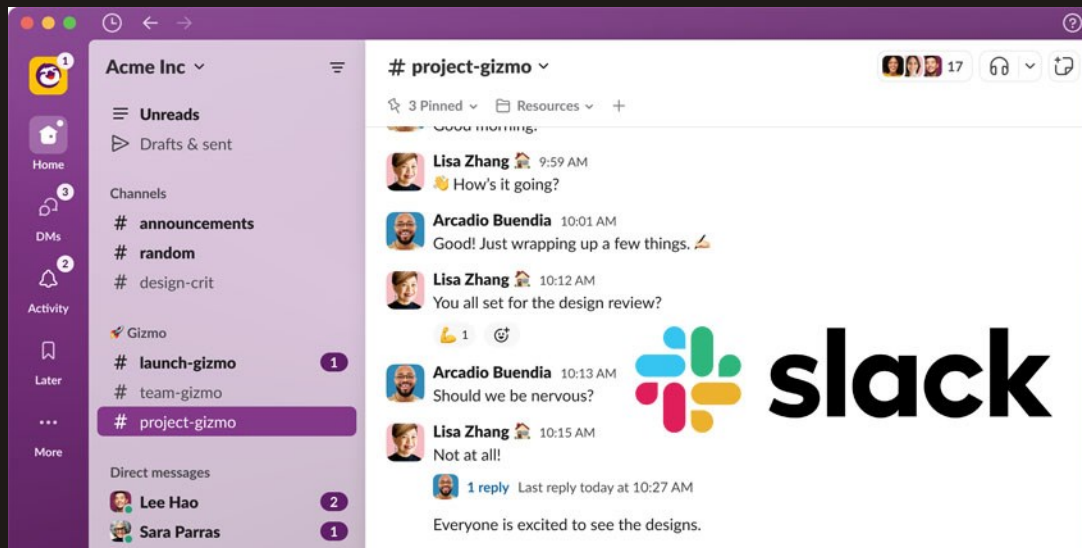
System: Establish a system for streamlined communication within the organization.

Email Management

Health and Wellness System

Task Management System

Continuous Learning



Note – Stay tuned for the next Deep Dive on Communication!

Practical systems + tools

Continuous Learning

Tool: Online learning platforms such as courses Maddie's University System: Framework for ongoing professional development for both personal and professional growth. This could include regular training sessions, workshops, or access to online courses.

Email Management

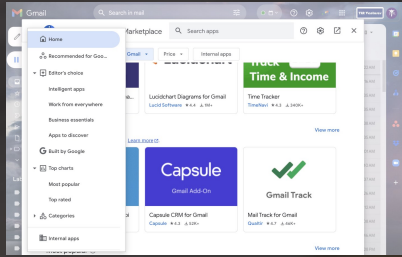
Health and Wellness System

Task Management System

Communication System

The screenshot displays the Maddie's University website interface. At the top left is the logo featuring a dog's face and the text "MADDIE'S UNIVERSITY". A navigation bar includes links for "Home", "Catalog", "FAQs", and "Cart (0 items)". A search bar with a magnifying glass icon is prominent, with the text: "Looking for learning on a specific animal welfare education or animal well-being topic? Go to the [catalog](#) and search by keyword." Below the search bar is a "Go to Catalog >" link. To the right, a "Foster Program Collections" section features a large image of a woman smiling and kissing a black and white dog on the cheek. Below this image is the title "The Journey You Own: Practices for Well-being and Productivity" and an "ENROLL" button. A smaller link says "Already registered? Log in now." Below the main content are three course categories: "Self-Paced Online Courses", "On-Demand Presentations", and "RACE Credit", each with a "VIEW ALL" button.

Email Management

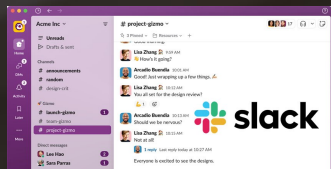


Task Management System



What works is what you utilize

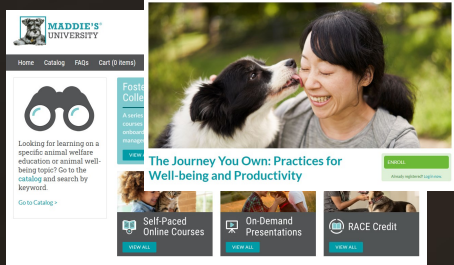
Communication System



Health and Wellness Support



Continuous Learning



In a healthy state of being, like a thriving tree, productivity is not a short-term burst but a sustained and continuous growth, adapting to changing seasons and challenges.



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Healthy Lifestyle Choices

Sleep, exercise, and nutrition contribute to physical and mental well-being, and **scaffold the root structure** that supports you.

Flexibility

Flexibility and openness allow you to adjust to unforeseen circumstances and like the **pruning of a tree or shift in seasons, ground you** over time.

Contemplative Practices

Practicing mindfulness and staying present in the moment **create stability**, enhancing your concentration.

Prioritization

Focus on leveraged tasks that align with your goals. This creates **sustainability** over time.

Continuous Learning

We are **learning beings**, constantly growing.



Healthy Productivity

What does it look like to embody a form of productivity that prioritizes well-being?

Growth

Balance

Sustainability

Rootedness



Productivity Opens Space





What can you count on
to fill the space?





Your Next Steps on Your Journey

Reflection

What steps can you take to **consciously unlearn** habituated patterns to **create space** for adopting healthier, more effective practices?

Notice your **space** and what fills it.

Coming up next month...

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