



Mu Sigma

## Thursday Learning Hour

Practicing productivity in less than 5 minutes

*Do The Math*

**Chicago, IL**

**Bangalore, India**

**[www.mu-sigma.com](http://www.mu-sigma.com)**

Proprietary Information

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# Agenda

- ❑ Why Productivity?
- ❑ What's in it for you?
- ❑ 80/20 Rule
- ❑ Parkinson's Law
- ❑ Begin with an end in mind

# Why Productivity?

Helps you in questioning ways of doing things and gives you the ability to do things effectively and efficiently

# What's in it for you?

## 80/20 Rule

- How I got introduced to it?
- How have I used it?
- How can you use it in less than 5 minutes?

## Parkinson's Law

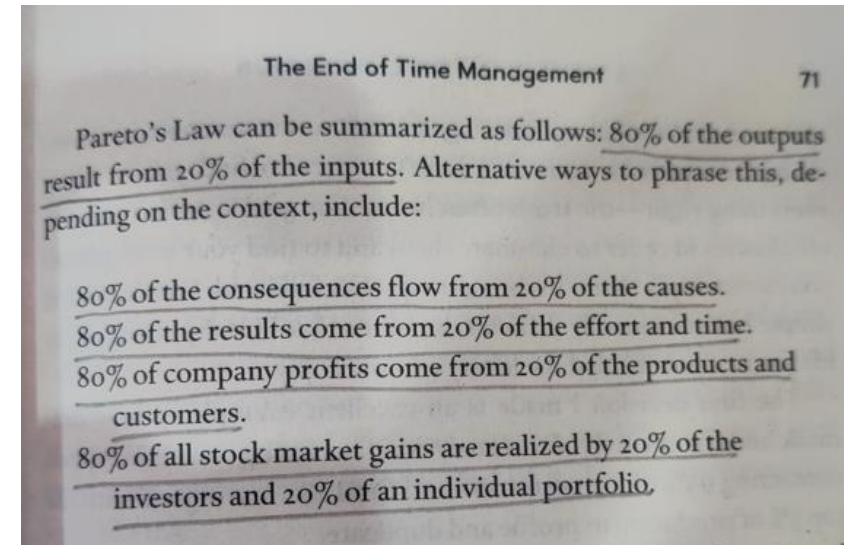
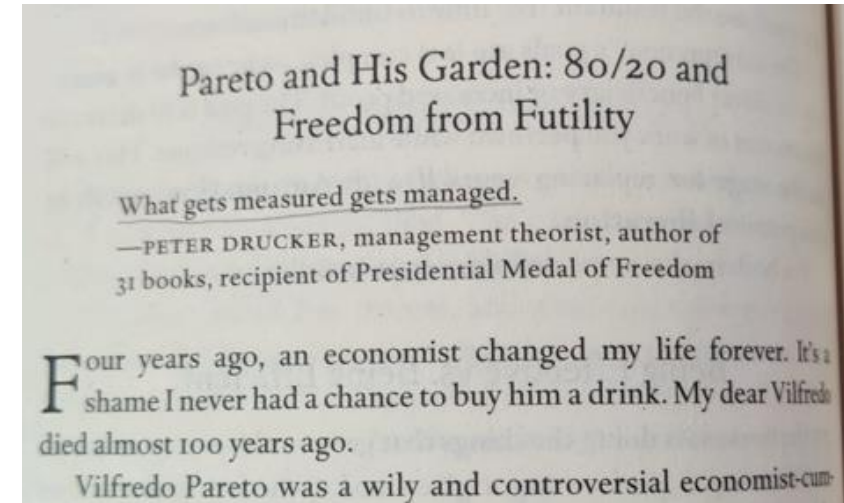
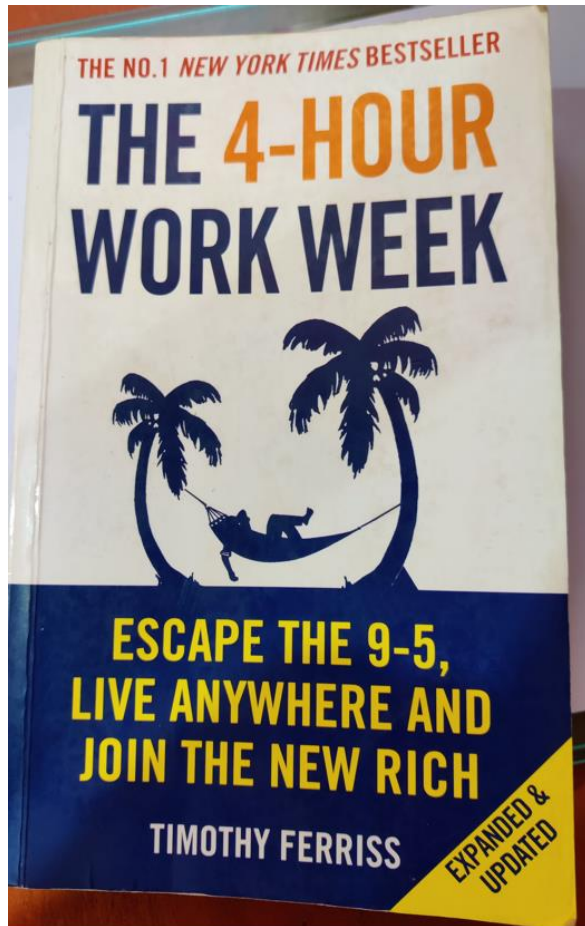
- How I got introduced to it?
- How have I used it?
- How can you use it in less than 5 minutes?

## Begin with an end in mind

- How I got introduced to it?
- How have I used it?
- How can you use it in less than 5 minutes?

# 80/20 Rule (1/3)

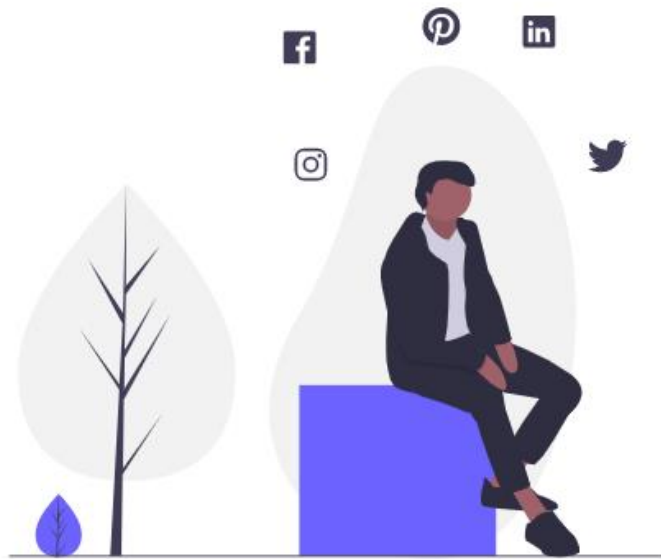
How I got introduced to it?



# 80/20 Rule (2/3)

How have I used it?

Before



After



## 80/20 Rule (3/3)

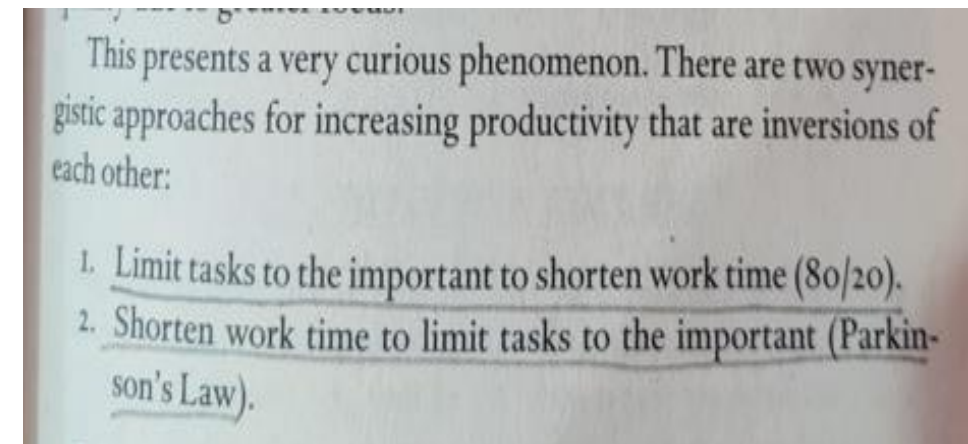
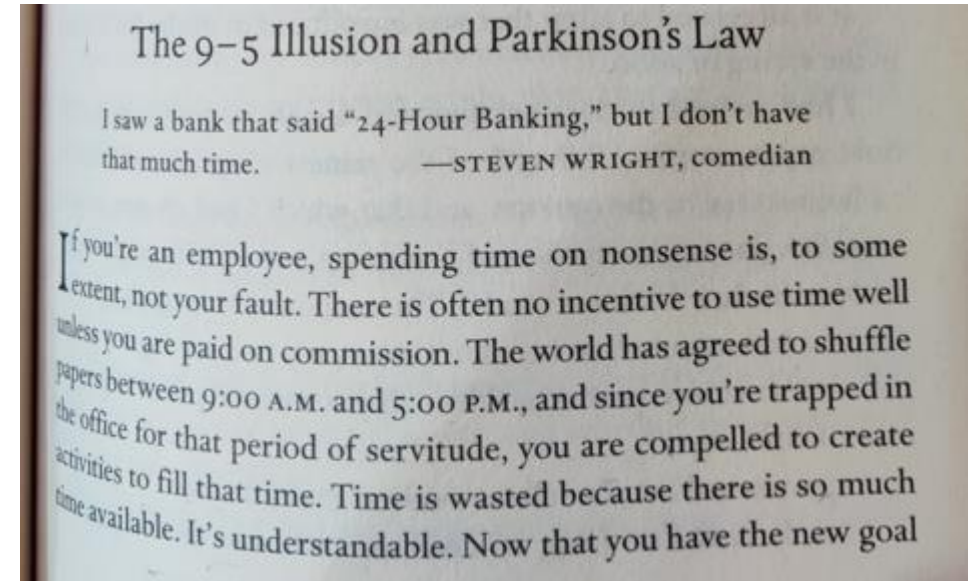
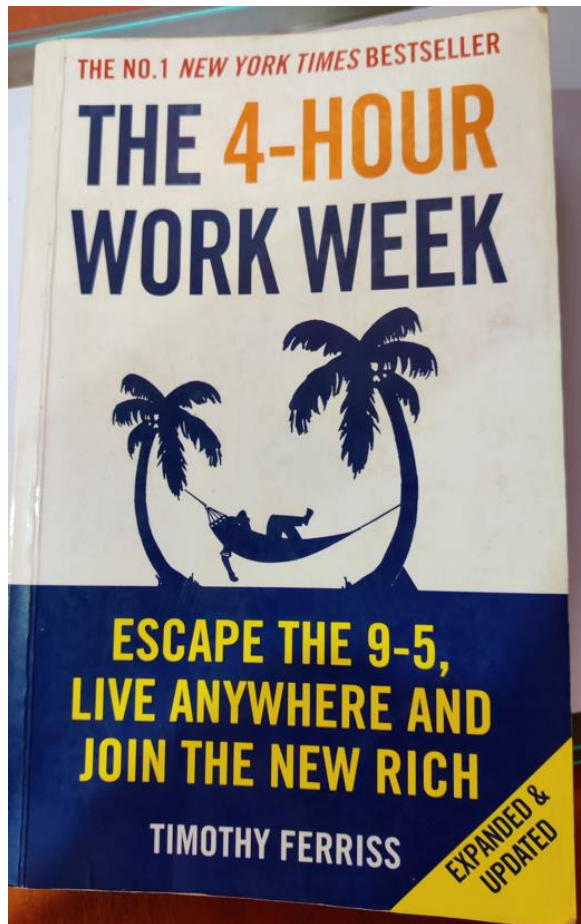
How can you use it in less than 5 minutes?

Challenge:

1. Which 20% of sources are causing 80% of my problems and unhappiness?
2. Which 20% of sources are resulting in 80% of my desired outcomes and happiness?

# Parkinson's Law (1/3)


## How I got introduced to it?





# Parkinson's Law (2/3)

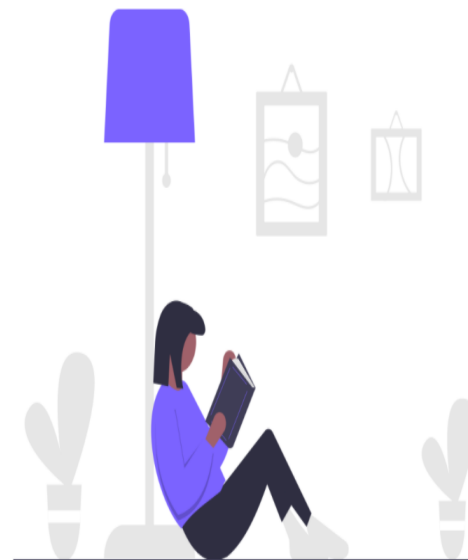
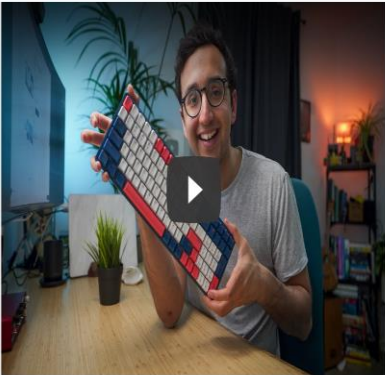
## How have I used it?



**Hey friends —**  
I'm Ali. I'm a doctor, [YouTuber](#) and [podcaster](#).

On this site we explore the strategies and [tools](#) that help us live happier, healthier, more productive lives.

And over at [Sunday Snippets](#) - my weekly newsletter - I share actionable productivity tips and practical life advice. Sign up below if you want to join a growing community of more than 130,000 friendly readers.



## Hey friends,

I am Purushottam. I am a decision scientist and storyteller. This site is designed to document and share what I do in my daily life.

Here are my cabinet of curiosities - Data Science, Reading Books, Learning programming languages and visualization tools (SQL, Python, Tableau and ML - as of now :)), Writing, Storytelling, PowerPoint slides, Productivity, Card Tricks and Building Homes (Construction)

The end objective is - I want to learn, share and fall in love with this process. Additionally, if this helps you in some small or big ways, I will be potentially qualified to be the most happiest person on this planet.

## Parkinson's Law (3/3)

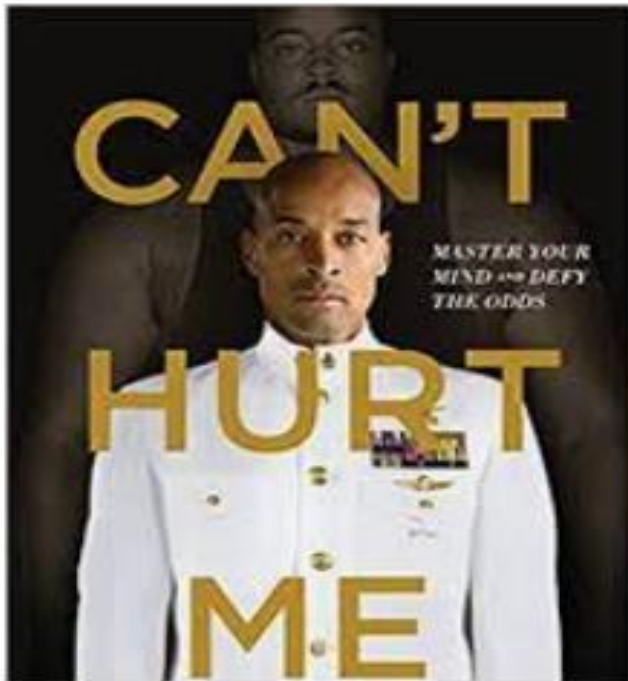
How can you use it in less than 5 minutes?

Challenge:

List down the tasks what you do on daily basis. Note down the time you take. Then, start doing them setting a timer. You will witness a change in your attitude and approach

# Begin with an end in mind (1/3)

How I got introduced to it?



Buy Can't Hurt Me: Mas...  
[amazon.in](https://www.amazon.in)

☆ HIGHLIGHT • PAGE 217  
Research is one part of preparation; visualization is another.  
ADD NOTE

☆ HIGHLIGHT • PAGE 162  
time to visualize! Again, the average person thinks 2,000– 3,000 thoughts per hour. Rather than focusing on bullshit you cannot change, imagine visualizing the things you can.  
ADD NOTE

☆ HIGHLIGHT • PAGE 162  
You can't prepare for everything but if you engage in strategic visualization ahead of time, you'll be as prepared as you possibly can be.  
ADD NOTE

# Begin with an end in mind (2/3)

How have I used it?

Before



After



## **Begin with an end in mind (3/3)**

**How can you use it in less than 5 minutes?**

**Challenge:**

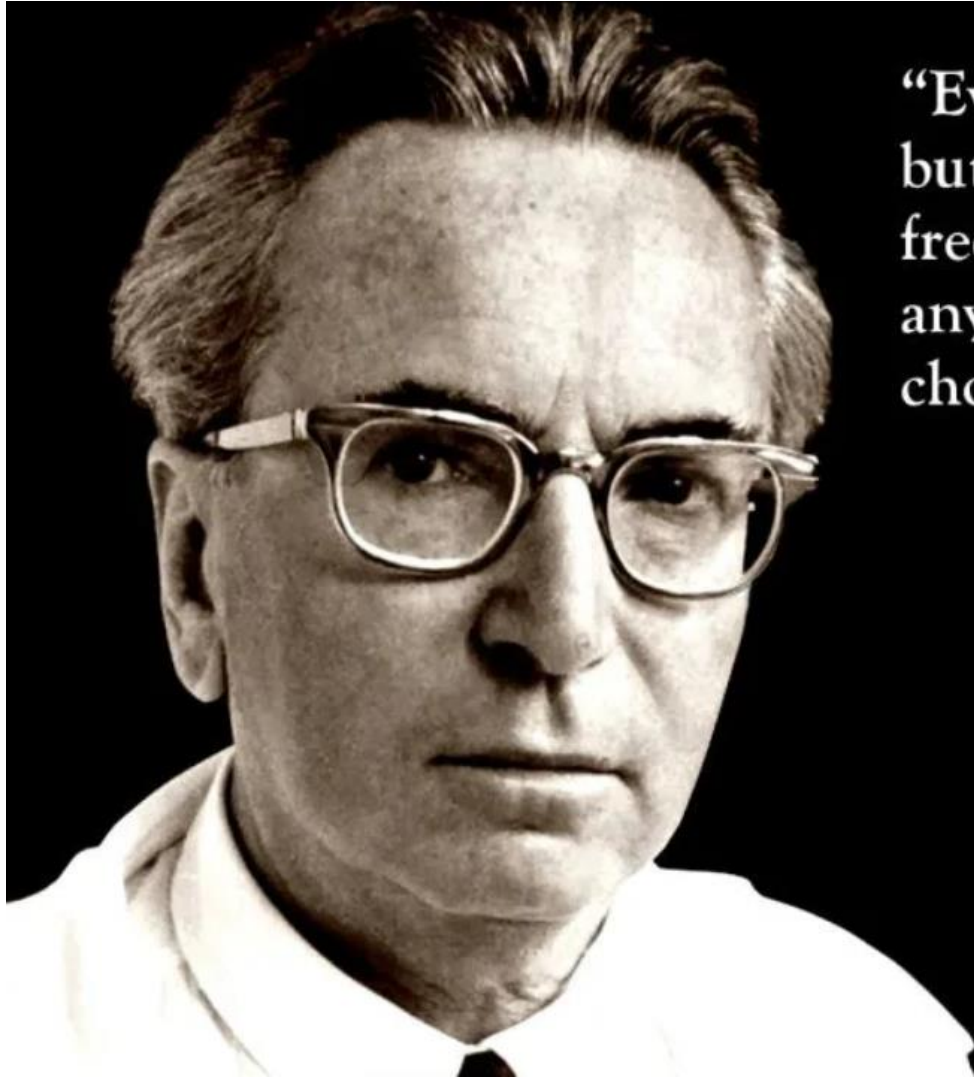
**Join Mu Sigma Toastmasters Weekly Connect**

**Set a timer for 5 minutes and visualize yourself speaking on any topic**

**Go ahead and speak**

**You will witness the preparedness just by visualizing it**

**It's a choice, take it**



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

**Viktor E. Frankl**

# Questions