

MY NOTE TAKING NERD'S NOTES FROM EBEN PAGAN'S GURU MASTERMIND PROGRAM

Your Ideal Work Environment

There are two aspects to your environment: your internal environment (what you are physically doing) and your external environment (what the things around you are doing).

If you have the wrong environment, it will weigh you down like a heavy weight chained to your leg. But if you have the right environment, it can dramatically enhance your productivity.

Most of us get into habits with our environment. We kind of put stuff in place and let it fall where it may, and then it just kind of stays that way.

Most people sit down when they work. Eben stands when he works, and recommends that others do the same. He's found that this is better for his back, and he gets more done this way.

He will also stand on a memory foam pad.

One thing you should ask yourself is, have you set up your work environment to align your body and core in the optimum position? If not, you should do this.

Most people mold their body to the environment. What you want to do is the opposite — to mold the environment to your body.

Some tools to experiment with:

A Natural Keyboard (with keys split so you can hold your hands at a natural angle).

A gel wrist pad to hold your arms up

A mousepad with a gel pad

A gel padded computer glove (this will make you look like a huge nerd, but adds to comfort a lot)

A headset for your cell phone. Eben likes the kind which just plugs into your ear, rather than the over-the-head type. The model he uses is the Sony Wisp Ear.

A journal to write down ideas anytime you have them. This is only used for long-term, important ideas — not to do lists or temporary stuff

A timer to time your 60/60/30 cycles.

Post-it tape flags to mark passages in books or notes

Earplugs — even if you don't work in a noisy environments, these can help you focus more. Start using earplugs while you're working, and also in noisy places like airports.

Music stand — very handy if you're making online video in your office or doing any kind of speaking.

This seems like a lot of stuff...but it's not that hard to use them together in the long term. Once you have the whole setup, it just kind of runs in the background and makes your life easier.

Jot down what your ideal work environment would be and get to work creating it!!